

GRACIE JIU-JITSU – BLUE BELT REQUIREMENTS

Student will need to show **knowledge** of techniques against an **unresisting** opponent.
Student will need to show **effectiveness** of techniques against a **resisting** opponent.

Demonstration of Techniques and Exercises

• Hip Movement

- Floor Position
- Standing Position

• Bridge (upa)

• Rolls

- Forward
- Backward
- Break Falls

• Standing Up into Base

• Teeter-Totter Rock

(rocking on back in all directions to stay with opponent)

• Four-Point Base

• Six-Position Series A & B

Standing Techniques

• Defense

- Punch Block (against circular, linear strikes)
- Kick Block

• Offense

- O Goshi (large hip throw)
- Leg Throw
- Throw from Behind by:
 - Lifting Up
 - Sitting Down
- Ippon Seoinage (one arm shoulder throw)
- Morote Seoinage (two arm shoulder throw)

Floor Techniques

Guard

• Defense

- Three Sweeps (bottom)
- Guillotine Choke Escape
- Arm Bar Defense from Guard

• Offense

- Triangle (bottom)
- Cross-Collar Choke (bottom)
- Transition to Back (bottom)
- Straight Arm Lock (bottom)
- Bent Arm Lock (bottom)
- Guillotine Choke (bottom)
- 2 Ways to Pass Guard (top)

Cross Side

• Defense

- Put in Guard (bottom)
- Turn on Knees (bottom)
- Wrestler's Grip Escape

• Offense

- 2 Options to Mount (top)
- 2 Arm Locks (top)
- Cross-Collar Choke

Knee on Stomach

Offense

- Cross-Collar Choke
- Two Arm Locks

• Defense

- 1 Way to Escape



Mount

- **Defense**

- Upa (three variations)
- Elbow Escape (bottom)

- **Offense**

- Maintain the Mount
- Arm Lock Americana (the box)
- Cross-Collar Choke (with one variation)
- Straight Arm Lock

Headlock Mount

Offense

- Single-Lapel Choke
- Arm Lock
- Transition to Opponent's Back

On Opponent's Back

- **Offense**

- Chokes
- With Collar (Ezequiel)
- Without Collar (Monte Leon)
- Arm Bar

Opponent on Back

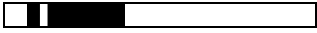
- **Defense**

- Escape (back on floor)

Self-Defense Techniques

- As directed by instructor

ONE-STRIPE REQUIREMENTS



- **Hip Movement**

- Floor Position
- Standing Position

- **Bridge** (upa)

- **Rolls**

- Forward
- Backward
- Break Falls

- **Standing Up into Base**

- **Teeter-Totter Rock**

(rocking on back in all directions to stay with opponent)

- **Four-Point Base**

- **Identification of Eight Primary Positions**

- Back (top, bottom)
- Mount (top, bottom)
- Cross-Side (top, bottom)
- Guard (top, bottom)

Standing Techniques

- **Defense**

- Punch Block (against circular, linear strikes)
- Kick Block

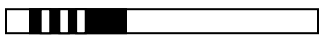
- **Offense**

- O Goshi (large hip throw)
- Throw from Behind by:
- Lifting Up

TWO-STRIPE REQUIREMENTS



THREE-STRIPE REQUIREMENTS



FOUR-STRIPE REQUIREMENTS

