



## BLUE BELT TESTING. MINIMUM REQUIREMENTS.

### STANDING TECHNIQUES

<u>POSITION</u>	<u>DEFENCE</u>	<u>OFFENCE</u>
STANDING	SINGLE LEG COUNTER DOUBLE LEG COUNTER DEFENSIVE BASE (AGAINST THROWS)	DOUBLE LEG SINGLE LEG ONE THROW

### GROUND TECHNIQUES

<u>POSITION</u>	<u>DEFENCE</u>	<u>OFFENCE</u>
MOUNT	BRIDGE ESCAPE	ARM LOCK AND DRILL
MOUNT	ELBOW ESCAPE	V-LOCK
MOUNT		CROSS GRIP CHOKE
GUARD	SIMPLE SWEEP	TRIANGLE
GUARD	HOOKS IN SWEEP	GI CHOKE
GUARD	BACKSWEEP 1 AND 2 LEGS	ARM LOCK AND DRILL
GUARD	SIT UP SWEEP	KIMURA/SHOULDER LOCK
GUARD	OPEN GUARD CONCEPTS	GUILLOTINE
GUARD	COUNTER GUILLOTINE (TOP)	2 GUARD PASSES ON KNEES
GUARD	MAINTAIN BALANCE (TOP)	2 GUARD PASSES STANDING
GUARD	ARM PROTECTION AND DEFENCE	ANKLE LOCK
GUARD	NECK PROTECTION AND DEFENCE	LEG LOCK
SIDE CONTROL	ESCAPE TO GUARD	BASE, GRIPS AND MOVEMENT
SIDE CONTROL	ESCAPE TO KNEES	HOW TO MOUNT
SIDE CONTROL	DEFENSE AGAINST THE MOUNT	HOW TO KNEE RIDE
SIDE CONTROL	DEFENSE AGAINST KNEE RIDE	V-LOCK AND KIMURA
SIDE CONTROL		ONE CHOKE
KNEE RIDE	2 ESCAPES	CROSS ARM LOCK
KNEE RIDE		CHOKE
OPPONENT ON BACK	ESCAPE (BACK TO FLOOR)	
ON OPPONENT'S BACK		CHOKE 2 WITH GI 1 WITHOUT
ON OPPONENT'S BACK		MAINTAIN POSITION
HALF GUARD	ESCAPE BACK TO GUARD	PASS THE HALF GUARD

Brief history of Brazilian Jiu-Jitsu and minimum 60 hours sparring training in addition to instructional time. For example a class is 1 hour long but only 30 min is sparring. That is the time that goes to the 60 hours, not the other 30 mins.

*These are the minimum requirements for this level.* There may be additional techniques or questions required by the instructor. Examinee must be a current member of the AJJGA and grading to all belts can only be done by a black belt instructor.