

# **KSK Brazilian Jiu-Jitsu - Blue Belt Requirements**

## **MOVEMENTS:**

1. Shrimping
2. Bucking
3. Bridging
4. Framing

## **GROUND POSITIONS:**

1. Top Mount (Low, Mid, High)
2. Guard Position (open/closed/half/scissor)
3. Side Mount
4. Mobile Side
5. Crushing Side
4. Scarf Hold (Shoulder or Head Scoop)
6. Reverse Scarf Hold
7. Tarantula Mount
8. Knee Mount (from Standing Guard Pass)
9. Knee Ride (transitioning Knee Mount)
10. Half Butterfly Guard
11. Half Mount
12. Gift Wrap

## **GROUND POSITION DRILLS:**

1. Octopus #1
1. Octopus #2
2. Octopus #3

## **ESCAPES, PASSES, & SWEEPS:**

### **-Top Mount Escapes-**

1. Trap, Bridge & Roll (Basic & Advanced)
2. Elbow Escape (Basic & Advanced)

### **-Side Mount Escapes-**

1. Bridge & Shrimp to Guard

### **-Passing the Guard -**

1. Table Saw Pass to Top Mount
2. Table Saw Pass to Side Mount
3. Table Saw Pass to Scarf Hold
4. Getting Up From Guard
5. Half Guard Pass

### **-Sweeping From the Guard -**

1. Scissor Sweep
2. Table Leg Sweep

### **-Passing the Half Butterfly Guard -**

1. Smash Pass

## **SUBMISSIONS:**

### **Top Mount Position:**

1. Spinning Arm Bar
2. Americana / V-Lock

### **Half Mount:**

1. Armbar (transitioning form Top Mount)
2. Leg Over Head Escape > Armbar
3. Twisted Arm Control > Armbar

### **Side Mount Position:**

1. Americana / V-Lock
2. Straight Arm Bar

### **Guard Position:**

1. Kimura
2. Armbar (to Kimura)
3. Leg Triangle Choke (to Armbar)

### **Knee Mount**

1. Arm Bar - Near Arm
2. Spinning Arm Bar - Far Arm

### **Back Mount (Bottom Position)**

1. Rear Naked Choke
  - Standard
  - Strong Side
  - Weak Side

### **Leg Triangle Choke Set Ups:**

- KICK your leg up between their arms
- PUSH the hand between the legs
- PULL your leg in though their arm
- SWING your leg around their arm
- SHRIMP to the Pull or Swing position

### **1-Stripe:**

Memorization of Octopus Drills #1-2-3

### **2-Stripes:**

Can Execute All Technical Escapes

### **3-Stripes:**

Recognizing Escapes in Free Roll

### **4-Stripes:**

Can Execute All Technical Submissions

### **Blue Belt:**

Recognizing Submission in Free Roll, and beginning to combine attacks.