



BLUE BELT

STANDING

Offensive

5 takedowns

Defensive

2 counters against takedowns
5 self defense techniques

GUARD

Offensive

5 sweeps
Straight armlock
Kimura
Triangle choke
Cross choke
2 optional technique

Defensive

5 ways of passing the guard
Open the guard standing
Straight footlock

MOUNT

Offensive

2 armlocks
3 choke

Defensive

UPA
Elbow escape

SIDEMOUNT

Offensive

2 choke
2 armlock
Jump to knee on belly

Defensive

1 escape

BACKMOUNT

Offensive

1 choke

Defensive

1 escape

These 44 techniques are the minimum requirements for the blue belt test, you should be able to perform and explain the techniques. You should also be able to use your skills in sparring.