

BLUE BELT GRADING REQUIREMENTS

| CATEGORY | ALL REQUIREMENTS | STRIPE BREAKDOWN | | | | |
|--------------------------------|---|------------------|---|---|---|------|
| | | 1 | 2 | 3 | 4 | BLUE |
| Solo Drills | Forward roll | X | X | X | X | X |
| | Backwards roll | X | X | X | X | X |
| | Hip escape | X | X | X | X | X |
| | Forward hip escape | X | X | X | X | X |
| | Breakfalls | X | X | X | X | X |
| | Side breakfalls | X | X | X | X | X |
| | Forward roll with breakfall | | X | X | X | X |
| | Butt scoots | | X | X | X | X |
| | Armbar escape | | X | X | X | X |
| | Switch throughs | | | X | X | X |
| | Sprawls | | | | X | X |
| | Around the world | | | | X | X |
| Positions | Guard | X | X | X | X | X |
| | Mount | X | X | X | X | X |
| | Side control | X | X | X | X | X |
| | Back control | X | X | X | X | X |
| | Half guard | X | X | X | X | X |
| | Knee on belly | | X | X | X | X |
| | North south | | X | X | X | X |
| Specific Partner Drills | Top control drill | | X | X | X | X |
| | Armbar, oma plata, triangle drill | | X | X | X | X |
| | 9 arm attacks drill | | | | X | X |
| Escapes | 2 escapes from mount | 1 | X | X | X | X |
| | | 2 | X | X | X | X |
| | 2 escapes from side control | 1 | | X | X | X |
| | | 2 | | | X | X |
| | 2 escapes from head lock control (ground) | 1 | | | X | X |
| | | 2 | | | | X |
| | 2 escapes from back control | 1 | | | X | X |
| | | 2 | | | X | X |
| Guard Passes | 2 from closed guard | 1 | X | X | X | X |
| | | 2 | | X | X | X |
| | 2 from open guard | 1 | | | X | X |

| | | | | | | | |
|-------------------------------|---------------------------------------|---|---|---|---|---|---|
| | | 2 | | | | | X |
| | 2 from half guard | 1 | | | X | X | X |
| | | 2 | | | | X | X |
| Sweeps | 4 sweeps from guard | 1 | | X | X | X | X |
| | | 2 | | | X | X | X |
| | | 3 | | | | X | X |
| | | 4 | | | | | X |
| Reversals | Bridge and roll | | X | X | X | X | X |
| Chokes | 2 chokes from guard position | 1 | | X | X | X | X |
| | | 2 | | | | X | X |
| | 2 chokes from top position | 1 | | | | X | X |
| | | 2 | | | | | X |
| | 2 chokes from back control | 1 | | | X | X | X |
| | | 2 | | | X | X | X |
| Upper Body Joint Locks | 2 joint locks from guard position | 1 | X | X | X | X | X |
| | | 2 | | | X | X | X |
| | 2 joint locks from top position | 1 | | X | X | X | X |
| | | 2 | | | | X | X |
| | 2 joint locks from back control | 1 | | | X | X | X |
| | | 2 | | | | | X |
| Takedowns | 2 throws | 1 | | | X | X | X |
| | | 2 | | | | | X |
| | 2 takedowns | 1 | | X | X | X | X |
| | | 2 | | | | X | X |
| Self-defence | Grip break - lapel grip | | X | X | X | X | X |
| | Grip break - sleeve grip | | X | X | X | X | X |
| | Grip break - two handed lapel grip | | | X | X | X | X |
| | Single hand wrist grab - thumb up | | | X | X | X | X |
| | Single hand wrist grab - thumb down | | | X | X | X | X |
| | Two handed wrist grab | | | | X | X | X |
| | Defence two hand strangle | | | | X | X | X |
| | Defence front bear hug (arms free) | | | | | | X |
| | Defence front bear hug (arms trapped) | | | | | | X |
| | Low front kick | | | | | X | X |
| | Open hand strike | | | | | X | X |
| | Strike with elbow | | | | | X | X |

| Practical | Fitness - ability to roll 'X' number of 5 minute rounds | 2 x 5 | 4 x 5 | 6 x 5 | 8 x 5 | 10 x 5 |
|-----------|--|-------|-------|-------|-------|--------|
| | Demonstrated competence in execution of the above techniques in a drill scenario | | | | | X |
| | Proven ability to apply the above techniques in live rolling | | | | | X |
| | Good knowledge base with the ability to teach the above techniques if required | | | | | X |
| | Ability to adapt rolling style for different body types and sizes | X | X | X | X | X |
| | Minimum number of classes attended | 20 | 40 | 60 | 80 | 100 |