



# BLUE BELT

**BELT REQUIREMENTS**

## Fundamentals

<u>POSITIONS</u>	<u>MANEUVERS</u>	<u>KICKS</u>	<u>SUBMISSIONS</u>	<u>TAKEDOWNS/THROWS</u>	<u>SPECIALIZED</u>
Street Guard	Feint Forward	Front Scoop	Guillotine	Hard Bow Takedown	Front Break Fall
Knee on Stomach	Feint Back	Back Scoop	Rear Naked Choke	Major Outer Reap	Side Break Fall
Half Mount	Feint Down	Flip Kick	Mata Leon	Hip Throw	Back Break Fall
	Bob & Weave	Inverted Roundhouse	Kimura		
	Slip	Reverse Roundhouse (Hook)			

## Self-Defense

- 1) **Conquering Shield** - Single Chest Grab - Front
- 2) **Raking Mace** - Two Hand Lapel Grab - Front
- 3) **Obscure Claws** - Single Shoulder Grab - Flank
- 4) **Desperate Falcons** - Double Wrist Grab - Front
- 5) **Cross of Destruction** - Choke / Grab - Behind
- 6) **Tripping Arrow** - Bear Hug Arms Free - Front
- 7) **Kimura Counter** - Bear Hug Arms Free - Behind
- 8) **Crushing Hammer** - Bear Hug Arms Held - Behind
- 9) **Pin and Wedge** - Full Nelson or Bear Hug Attempt - Behind
- 10) **Death Roll** - Headlock - Side
- 11) **Mata Leon Escape** - Mata Leon Choke - Behind
- 12) **Flight to Freedom** - Should Grab and Arm Lock - Behind
- 13) **Parting Wings** - Two Hand Push - Front
- 14) **Glancing Salute** - Single Cross Push - Front
- 15) **Thundering Hammers** - Straight Punch - Front
- 16) **Gathering Clouds** - Straight Punch - Front
- 17) **Shield and Sword** - Straight Punch - Front
- 18) **Intellectual Departure** - Straight Kick - Front or Side
- 19) **Guillotine** - Tackle - Front
- 20) **Head Control** - Tackle - Front
- 21) **Defying the Storm** - Roundhouse Club Attack - Front
- 22) **Securing the Storm** - Roundhouse Club Attack - Front

## Blue Belt Freestyle



*Technique doesn't have to be pretty  
It just has to be effective*

