

Wednesday, April 16, 2025

Blue Belt Requirements - Updated

Unit 1 - Basic Movements

- Combat base (supposed to be included but it got forgotten LOL)
- **Break-Falls**
 - **00:00** Backward Break-Fall
 - **01:27** Side Break-Fall
- **Shrimping**
 - **02:06** Backward Shrimp
 - **03:02** Forward Shrimp
 - **03:39** Seated Shrimp
- **04:25** Standing Up In Base
- **05:18** Four Point Base
- **06:23** Bridging Over The Shoulder
- **07:00** Threading The Needle
- **Shoulder Roll**
 - **07:39** Forward Shoulder Roll
 - **8:17** Backward Shoulder Roll

Unit 2 - Standup Techniques

- **00:00** Arm Drag To Rear Clinch
- **01:21** Pummeling To Clinch
- **02:34** Front Body Lock Defense
- **04:22** Outside Trip
- **05:45** Hip Throw
- **08:04** Single-Leg Takedown
- **09:47** Double-Leg Takedown

Unit 3 - Mount Escapes

- **00:00** Trap and Roll (upa) From Single Collar Grab
- **05:23** Elbow Escape
- **07:42** Elbow Escape with Step Over

Unit 4 - Back Mount Escapes

- **00:00** Defending the Choking Arm
- **01:43** Turning Escape
- **03:51** Countering Crossed Feet

Unit 5 - Side Position Escapes

- **00:00** Regaining Guard From Side Control
- **02:36** Underhook to Wrestle-Up
- **04:17** Americana Defense
- **05:00** Kimura Defense

Unit 6 - Guard Attacks and Sweeps

- Sweeps to Mount

- **00:00** Scissor Sweep
- **03:07** Scissor Sweep To Push Sweep
- **04:12** Hip-Bump Sweep

- Submissions

- **05:42** Kimura
- **07:21** Guillotine (via Seated Shrimp; from a failed Hip-Bump Sweep)
- **08:58** Cross Choke
- **11:31** Armbar
- **13:22** Triangle

- Advance to the Back

- **15:06** Arm Drag To The Back
- **17:25** Underhook To The Back

Unit 7 - Guard Breaking and Passing

- Opening the Closed Guard

- **00:00** Opening the Guard from Knees
- **03:32** Opening the Guard from Standing

- Guard Passing

- **07:22** Knee-Drive Guard Pass
- **10:45** Knee-Cut Guard Pass
- **12:50** Single-Under Stack Guard Pass
- **15:35** Double-Under Stack Guard Pass

- Halfguard Passing

- **17:00** Lifting Bottom Knee Halfguard Pass
- **19:52** Pinning Bottom Knee Halfguard Pass
- **21:37** Reverse Sit-Out Halfguard Pass

Unit 8 - Side Control Transitions And Attacks

- 00:00 Clearing The Elbow Frame: Slide Under (using Four Point Base Drill)

- Submissions:

- **2:38** Americana
- **4:12** Kimura
- **5:45** Far-Side Straight Armlock

- Moving to Mount

- **6:51** Knee Drive
- **8:45** Hip Switch

Unit 9 - Mount Attacks and Transitions

- Maintaining Mount

- **00:00** Lifting The Hand On Knee
- **02:11** Move The Head with Crossface

- Submissions

- **03:29** Cross Choke
- **05:20** Americana
- **7:01** Armbar (via S-Mount)

- Moving to Back

- **10:07** Gift Wrap To Chair Sit (with Kimura Grip)

Unit 10- Back Mount Attacks

- 00:00 Maintaining Hooks

- Submissions:

- **02:28** Rear Naked Choke
- **03:43** Sliding Collar Choke
- **04:43** Armbar

Unit 11 - Leg Attacks and Defense

- **00:00** Achilles Lock from Open Guard (via Single Leg X)
- **02:12** Achilles Lock: Belly-Down
- **02:46** Defending The Achilles Lock: Knee-Hook