

Bjj Blue Belt Requirements

1. Basics
 - a. Shrimping front & back
 - b. Technical stand up
2. Understand open guard & close guard.
3. Subs from guard
 - a. Armbar
 - b. Kimura
 - c. Cross choke
 - d. Triangle
 - e. Omoplata
4. Sweeps
 - a. Butterfly sweep
 - b. Scissors sweep
 - c. Hip bump sweep
5. Escapes
 - a. From mount
 - b. From side control
 - c. From back control
6. Subs from side control
 - a. Armbar
 - b. Kimura
 - c. Americana
 - d. Arm triangles
 - e. Other side armbar
7. Mount Subs
 - a. Americana
 - b. Ezekiel choke
 - c. Triangle
8. Opening closed guard sitting & standing
9. Rolling