



Blue Belt Curriculum Review Sheet

Fundamentals

- 01. Tie the Belt
- 00. Break fall -----
- 00. Shrimp -----
- 02. Roll Forward
- 03. Roll Backward
- 04. Upa
- 05. Teeter Totter
- 06. Four-Points Base
- 08. Stand up in Base
- 30. Basic Armlock Movement

Self-Defense: Standing Attacks

- 20. T-Position Hip Throw
- 21. T-Position Leg Throw
- 22. T-Position Throw from Behind (Sitting Down)
- 44. Standing Guillotine Choke
- 86. Bajana (Double Leg Takedown)

Self-Defense: Striking Defenses

- 83. Close the Gap (to T position)
- 15. Round House Punch Defense (lunging punch)
- 15. Round House Punch Defense (close)
- 16. Straight Punch Defense
- 17. Front Kick Defense (absorb)
- 18. Low Kick Defense
- 19. High Kick Defense

Self-Defense: Standing Defenses

- 10. Same Side Wrist Grab Escape
- 11. Two-Hand Wrist Grab Escape
- 12. One-Hand Lapel Grab Defense (Straight Arm / from side)
- 13. One-Hand Lapel Grab Defense (Bent Arm)
- 14. One-Hand Lapel Grab Defense (Bent Wrist)
- 09. Two-Handed Choke Defense
- 45. Standing Guillotine Choke Defense (Hands on Knees)
- 46. Standing Guillotine Choke Defense (Buckle the Knee)
- 65. Standing Rear Naked Choke Defense (throw)
- 73. Standing Rear Naked Choke being dragged backwards
- 64. Overhead Club Defense (close distance)
- 88. Standing Hair / Ear Grab defense

Bear hug and wall Defenses

- 47. Rear Bear Hug Defense (Arms Pinned)
- 00. Rear Bear Hug Defense (Arms Free) -----
- 72. Rear Bear Hug Defense (Arms Free being picked up)
- 70. Front Bear Hug Defense (Arms Free)
- 67. Front Bear Hug Defense (Arms Pinned)
- 71. Neck Defense (Pinned to Wall - One Hand)

Headlock Defenses

- 63. Headlock defense (lifting opponent)
- 66. Headlock defense (with punch defense)

Cross Body (Side Control) Attacks

- 50. Establish Cross Body Position
- 51. Maintain Cross Side
- 56. American Armlock from Cross Body (keylock)
- 57. Cross Body Kimura (chicken wing)
- 82. Cross Body Neck Crank (Pass the Leg)
- 85. Armlock from Cross Body

Mounting

- 54. Basic Mount from Cross Body (Arm Out)
- 55. Basic Mount from Cross Body (Arm In)

Mount: Control and Attacks

- 23. Maintain the Mount (Swimming Through Arms)
- 24. Maintain the Mount (Pulling Hands off Knees)
- 25. Maintain the Mount (Pushing Opponent's Head)
- 28/29. Basic Cross Choke
- 32. Keylock (American armlock)
- 31. Armbar

Back: Attacks

- 58. Maintain Back Control with Hooks
- 60. Collar choke
- 61. Mata Leao

Guard: Attacks

- 36. Cross Choke
- 40. Armlock
- 41. Triangle
- 34. Kimura
- 42. Guillotine Choke

Part 2: Defenses, Recoveries, and Escapes

Guard: Defenses

- 35. Posture (driving hips to ground, one arm post)
- 43. Guillotine choke defense
- 38. Choke defense (comb the hair)
- 37/49. Choke defense (squeeze the bread)
- 78/79. Display active Protection from attacks and sweeps

Guard: Breaks and Passes

- 48. Knee on Floor Break: Shoulder Pass
- 48. Knee on Floor Break: Hip Pass -----

Guard: Defenses & Sweeps

- 39. Scissor Sweep to Mount
- 77. Basic Hook Sweep
- 33. Sit-up Sweep (knee to ground)

Side Control (Cross-Body) Defenses

- 52. Regain the Guard from Cross Body
- 53. Cross Body Defense (Turn on Knees)
- 68. Cross Body Headlock Defense (Opponents Head Low)
- 69. Wrestlers Head and Arm Defense (Hips under Opponent)
- 74. Cross Body Headlock Defense (Make a Frame)
- 80. Cross Body Headlock Defense (Go to Back)
- 81. Cross Body Headlock Defense (Go to Knees)

Mount: Defenses

- 04. Upa
- 26. Upa with Choke Defense
- 75. Mounted Punch Attack (Upa)
- 84. Mount Defense (Move Away)
- 7/27. Elbow Escape

Back: Defenses

- 59. Escape from Back Control with Hooks
- 62. Rear Choke Escape (Finger Point)