



## BLUE BELT

### STANDING

#### Offensive

5 takedowns

#### Defensive

2 counters against takedowns  
5 self defense techniques

### GUARD

#### Offensive

5 sweeps  
Straight armlock  
Kimura  
Triangle choke  
Cross choke  
2 optional technique

#### Defensive

5 ways of passing the guard  
Open the guard standing  
Straight footlock

### MOUNT

#### Offensive

2 armlocks  
3 choke

#### Defensive

UPA  
Elbow escape

### SIDEMOUNT

#### Offensive

2 choke  
2 armlock  
Jump to knee on belly

#### Defensive

1 escape

### BACKMOUNT

#### Offensive

1 choke

#### Defensive

1 escape

These 44 techniques are the minimum requirements for the blue belt test, you should be able to perform and explain the techniques. You should also be able to use your skills in sparring.