



# BLUE BELT CURRICULUM

## PRACTICAL APPLICATIONS OF TECHNIQUES

STANDING	Defense	Offense
	Forward/Backward Roll Blocking Strikes Escape - Takedowns Rear Lift/Suplex Escape – Guillotine Choke Escape – Headlock Escape – Rear Choke	– Clinch – Tie Ups Takedown – Double Underhook Takedown – From Behind Takedown – Single Leg Takedown – Double Leg –
GROUND	Defense	Offense
	Technical Stand-Ups Shrimping	– –
Gesa Gatame	Escape – Headlock (bottom) Escape – Submissions (bottom)	Maintain Position (top) Submission – Arm Locks (top)
Mount	Escape – Submissions (bottom) Escape – Upa (bottom) Escape – Elbow (bottom) Escape – Bench Press (bottom) Escape – Ankle Pick (bottom)	Maintain 3 Positions (top) Submission – Americana Arm Lock (top) Submission – Straight Armbar (top) Submission – Side Choke (top) Submission – Basic Collar Chokes (top)
Backmount	Escape – Submissions Escape – Elbow (bottom & top) –	Maintain Position (top) Submission – Rear Naked Choke Submission – Basic Collar Chokes
Side Control	Escape – Submissions (bottom) Escape – To Closed Guard (bottom) Escape – To Knees (bottom) Defense – Turtle Position (bottom) –	Maintain 7 Positions (top) Submission – Americana Arm Lock (top) Submission – Kimura Arm Lock (top) Submission – Side Choke (top) Submission – Basic Collar Chokes (top)
Closed Guard	Escape – Submissions (top) Guard Open – Hip Twist (top) Guard Open – Standing Up (top) Guard Open – Knee Stab (top) – – – – –	Maintain Position (top & bottom) Submission – Guillotine Choke (bottom) Submission – Straight Armbar (bottom) Submission – Triangle Choke (bottom) Submission – Kimura Arm Lock (bottom) Submission – Side Choke (bottom) Submission – Collar Chokes (bottom) Reversal – Hip Pump (bottom) Reversal – Double Ankle Pick (bottom)
Open Guard	Maintain Position (top) – – – – – – –	Reversal – Taking the Back (bottom) Reversal – Scissor Sweep (bottom) Reversal – Butterfly (bottom) Guard Pass – Double Underhook (top) Guard Pass – Double Overhook (top) Guard Pass – Over/Underhook (top) Guard Pass – Knee Thru (top) Guard Pass – Knee Stuff (top) Guard Pass – Toreando (top)