

柔 Gracie Jiu Jitsu 術



Blue Belt Stripe 4 Requirements

*Must attend at least two classes, two rolling sessions and Clinch Drill Class during test week in order to test.

STANCES & MOVEMENTS:

- ☐ Attention Stance ☐ Bowing ☐ Listening Stance ☐ Ready Stance ☐ Fighting Stance ☐ Front Roll ☐ Side Fall
- ☐ Rear Breakfall ☐ Stand up in Base ☐ Shrinking ☐ Bridge Movement ☐ Teeter Totter

PUNCHING DRILL:

- ☐ Footwork: Step & Slide ☐ Front Punch (Jab) ☐ Reverse Punch (Rear Hand Cross) ☐ Hook Punch
- ☐ Catch Block ☐ Body Cover Block ☐ High Cover Block

STRIKES:

- ☐ Finger Jab Strike ☐ Hammer Fist ☐ Palm Heel Strike ☐ Assisted / Unassisted Knee Strike
- ☐ Front Kick ☐ Side Kick ☐ Round Kick

CLINCHING / TAKEDOWNS:

- ☐ Judo Grip ☐ High Thai Clinch ☐ Low Thai Clinch ☐ Front Clinch ☐ Side Clinch ☐ Back Clinch
- ☐ Hip Throw ☐ Sitting Arm Bar ☐ High Thai Takedown #1 ☐ High Thai Takedown #2
- ☐ Low Thai Takedown #1 ☐ Low Thai Takedown #2 ☐ Low Thai Takedown #3 ☐ Knee Hug Double Leg
- ☐ Body Fold Takedown ☐ Leg Pick Takedown ☐ Bear Hug Takedown ☐ Rear Drop Takedown

SELF DEFENSE SURPRISE ATTACKS:

- ☐ Standing Choke Escape ☐ Wrist Grab Escape ☐ High Tackle Defense ☐ Lapel Grab Counter
- ☐ Haymaker Punch Defense ☐ One Hand Push (Pull to Elbow Lock) ☐ Rear Waist Grab Defense (w/ Lift)
- ☐ Rear Waist Grab Defense – Knee Bar & Standing Kimura ☐ Two Hand Choke Defense (with Hip Throw)
- ☐ Two Hand Choke Defense (with Armlock) ☐ Two Hand Choke Defense (Against a Wall)
- ☐ Single Hand Choke Defense (Against a Wall) ☐ Sucker Punch Defense ☐ Wall Pin Defense
- ☐ Single Hand Chest Push Defense ☐ Single Hand Collar Grab(Thumb Down) ☐ Single Hand Collar Grab(Wrist Fold)
- ☐ Single Hand Collar Grab (Palmed Turned Up) ☐ Single Hand Collar Grab(Straight Arm) ☐ Double Collar Grab(Hands Apart)
- ☐ Double Collar Grab (Hands Together) ☐ Shoulder Grab (Bent Arm) ☐ Shoulder Grab(Straight Arm) ☐ Headlock(w/ Punch)
- ☐ Headlock (Bent Over) ☐ Headlock (Wide Stance) ☐ Headlock (Pressure on the Nose) ☐ Headlock (Attacker Upright)
- ☐ Headlock Against the Wall (Attacker Outside) ☐ Headlock Against the Wall (Attacker Inside) ☐ Guillotine Choke
- ☐ Guillotine Choke (If Taken Down) ☐ Tackle Defense (w/ Elbow Strike) ☐ Tackle Defense (w/ Knee Strike)
- ☐ Guillotine Defense (Sitting Back) ☐ Guillotine Defense(w/ Trip Takedown)
- ☐ Front Bear Hug (w/ Frame) ☐ Front Bear Hug (w/ Chin Push) ☐ Front Bear Hug Over the Arms
- ☐ Front Kick Defense ☐ Front Kick Defense (w/ Pivot) ☐ Front Kick Defense (High)
- ☐ Round Kick Defense ☐ Rear Choke Defense ☐ Rear Choke Defense Pulled Back (Side Throw)
- ☐ Rear Choke Defense Pulled Back (Overhead Throw) ☐ Rear Two Hand Choke Defense
- ☐ Rear bear Hug Over the Arms Defense ☐ Rear bear Hug Over the Arms Defense(Wide Stance) ☐ Full Nelson Defense

WEAPONS DEFENSES:

- ☐ Overhead Club Defense (Short Range) ☐ Club Defense (Short Range w/ Slide) ☐ Club Defense (Horizontal Swing)
- ☐ Overhead Club Defense (Distant Range) ☐ Club Defense Two Hand Overhead ☐ Chair Defense
- ☐ Knife Defense (Overhead) ☐ Knife Defense (Underhand) ☐ Knife Defense (Side) ☐ Knife Defense (Backhand)
- ☐ Knife Defense (Underhand Straight Arm Block) ☐ Knife Defense (Underhand Straight Arm Block w/Resistance)
- ☐ Rear Knife Defense (Throat Slice) ☐ Gun Defense (Pointed at Stomach)
- ☐ Gun Defense (Front Waistband) ☐ Gun Defense (Side Waistband) ☐ Gun Defense (Pointed at Head)
- ☐ Rear Gun Defense (Pointed at Back)



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GROUND TECHNIQUES: MOUNT

- ☐ Escape the Mount (Trap & Roll) to Standing
- ☐ Escape the Mount (Elbow Escape)
- ☐ Hip Thrusting Escape
- ☐ Mount Transition (High Step)
- ☐ Mount Transition (Knee Drive)
- ☐ Mount Transition (Foot Weave)
- ☐ Technical Dismount
- ☐ Ground Drill #1 (Trap & Roll / Pressure Point Pass / Mount)
- ☐ Ground Drill #2 (Elbow Escape / Scissor Sweep)
- ☐ Cross Collar Choke
- ☐ Kimura
- ☐ Straight Arm Lock
- ☐ Paint Brush Armlock
- ☐ Sleeve Choke
- ☐ Crossbody Arm Bar
- ☐ Twisting Arm Control (Take the Back)
- ☐ Nutcracker Choke
- ☐ Helio Choke

GROUND TECHNIQUES: KNEE ON STOMACH

- ☐ Armbar (Step over)
- ☐ Cross Collar Choke
- ☐ Knee on Stomach Escape #1 (Hook & Bump)
- ☐ Knee on Stomach Escape #2 (Disappear)

GROUND TECHNIQUES: SIDE MOUNT

- ☐ Paint Brush Armlock
- ☐ Kimura
- ☐ Straight Arm Lock
- ☐ Scissor Side Armbar
- ☐ Short Armbar
- ☐ Cleaver Choke
- ☐ Headlock Escape #1
- ☐ Headlock Escape #2

GROUND TECHNIQUES: GUARD

- ☐ Pressure Point Pass
- ☐ Leg Hook Pass
- ☐ Knee Over Power Pass
- ☐ Standing Guard Pass
- ☐ Closed Guard to Standing
- ☐ Scissor Sweep
- ☐ Leg Lifting Sweep
- ☐ Timing Sweep
- ☐ Take the Back
- ☐ Double Ankle Grab Sweep
- ☐ Hook & Post
- ☐ Tomahawk Sweep
- ☐ Shin Riding Sweep
- ☐ Knee Lifting Sweep
- ☐ Stand & Pin Sweep
- ☐ Rolling Sweep
- ☐ Leg Binding Sweep
- ☐ Butterfly Sweep
- ☐ Leg Weaving Sweep
- ☐ Superman Sweep
- ☐ Cross Collar Choke
- ☐ Kimura
- ☐ Front Choke
- ☐ Arm Bar
- ☐ Double Ankle Grab Sweep to Armbar
- ☐ Arm Triangle
- ☐ Triangle leg Choke
- ☐ Triangle Armbar
- ☐ Arm Reaping Cross Collar Choke
- ☐ Guard Americana (Arm Across)
- ☐ Loop Choke
- ☐ Anaconda Armbar
- ☐ Omoplata
- ☐ Double Armbar
- ☐ Helicopter Armbar
- ☐ Folding Collar Choke (Amasso Pao)
- ☐ Punch Block Stages 1 / 2 / 3 / 4

GROUND TECHNIQUES: HALF GUARD

- ☐ Tripod Pass
- ☐ Vertical Shin Pass
- ☐ Bent Leg Sweep
- ☐ Straight Leg Sweep
- ☐ Take the Back
- ☐ Half Butterfly Sweep
- ☐ Old School Sweep
- ☐ Whizzer Sweep

GROUND TECHNIQUES: NORTH SOUTH

- ☐ Pendulum Escape
- ☐ Take the back
- ☐ Walk Around Armbar

GROUND TECHNIQUES: BACK MOUNT

- ☐ Back Escape (with Hooks and No Hooks)
- ☐ Rear Naked Choke
- ☐ Sliding Collar Choke
- ☐ Back Mounted Shoulder Lock
- ☐ Clock Choke
- ☐ Ground Drill #3 (Twisting Arm Control / Take the Back / Escape the Back Mount with Hooks)

GROUND TECHNIQUES: LEG LOCKS

- ☐ Straight Ankle Lock
- ☐ Straight Knee bar
- ☐ Toe Hold
- ☐ Heel Hook
- ☐ Straight Ankle (Quick Drop Entry)
- ☐ Straight Ankle (Runover Pass Entry)
- ☐ Straight Ankle (Butterfly Sweep Entry)
- ☐ Back Mounted Ankle Lock

