

NOLABJJ Metairie - Blue Belt testing requirements

- DRILLS
 - Forward Roll, Backward Roll, Side Fall
 - Forward Break Fall -> Stand in Base
 - Upa -> Thread the needle -> peak out
 - Upa -> hip escape (knee and elbow touch)
 - Running Man escape
- SELF-DEFENSE
 - Overhead object / Haymaker defense
 - Body lock from rear
 - Bully head lock
 - Standing rear naked
 - Standing guillotine
 - Same side Wrist grab
 - Two on one wrist grab
- TAKEDOWNS
 - Hip throw (O Goshi)
 - O soto
 - Single leg finish - "running the pipe"
 - Double leg
 - Sacrifice throw
 - Body lock takedown (double underhooks)
 - Guard pull (to armbar or to tripod sweep)
- GUARD TOP (Note: show correct posture)
 - Breaks (2)
 - Hands in armpits break (shin vertical, knee in middle)
 - Staggered break (from kneeling)
 - Passes from Knees (1)
 - Stack Pass
 - Passes from Combat Base (1)
 - "day 1" pass
 - Knee Slide
 - Passes from Standing (1)
 - Knee cut from standing
 - Toreando
 - Submissions (1)
 - Ankle lock
 - Defenses (all)
 - Armbar defense
 - Triangle defense
- GUARD SWEEPS & SUBMISSIONS
 - Armbar -> Triangle -> Omoplata
 - Scissor Series
 - Scissor sweep, Sit-up sweep, Pendulum sweep, Armbar
 - Butterfly sweep (if leg is on outside)
 - Cross Collar Choke (esp. When opp. Passes to wrong side)
 - Sickle sweep
 - Tripod Sweep
 - Heel sweep

- HALF-GUARD BOTTOM
 - Shrimp Escape
 - Underhook series (all)
 - start with frame, swim to underhook
 - Go to back
 - Roll under sweep (if pressured forward / whizzered)
 - Foot grab sweep
 - Come up on single if opp. stands
- HALF-GUARD TOP
 - 1 Underhook pass (Knee slide or esgrima)
 - 1 other pass (turn to legs, etc.)
- SIDE MOUNT BOTTOM
 - Hand Position - protect the crossface, elbows in
 - Hip escape / Shrimp escape
 - Underhook escape -> Peak out (to back) -> windshield wiper to guard (if failed)
 - V-Block series
 - Walk out & sit up -> shrimp (if failed)
 - Walk out -> heisman -> shrimp butt first (if failed)
- SIDE MOUNT TOP
 - Maintaining side mount
 - Cradle, 100 kilos, Scarf hold, North South
 - Take Back (seat belt when opp. Turns away)
 - Transition to Knee on Belly -> far side armbar
 - Kimura (arm ride)
 - 1 Choke (Baseball Choke, D'arce, etc.)
- MOUNT BOTTOM
 - Buck and roll
 - Shrimp escape
- MOUNT TOP
 - Americana -> Armbar
 - Cross Collar Choke
 - Chair Sit
- BACK CONTROL ATTACKS
 - Rear Naked Choke
 - Bow and arrow
 - Maintaining back control (seatbelt)
 - Reverse shrimp when opponent starts to get back to mat
 - Follow and flatten opponent when he turns away
 - Come back to mount, or chair sit when opponent gets back to mat
- BACK CONTROL DEFENSE
 - Correct hand position. Correct direction when choked. Get back to guard, or back to half guard. Do not let opponent mount.
- TURTLE ATTACKS
 - Sprawl defense (end in front headlock) -> transition to back (control hips) -or- guillotine, anaconda, d'arce
 - Clock Choke
 - 1 Turnover or back take (walrus, rolling back take, back mount, d'arce dump, etc)
- TURTLE DEFENSE
 - Re-establish Guard (when opp. Is in front headlock) -> peak out if failed
 - Re-establish Guard (when opp. Is behind)
 - Fat boy roll