

Team Vaghi Brazilian Jiu-Jitsu

WHITE TO BLUE BELT

Technical Requirements



Standing Techniques

Forward Roll (*Rolamento*)
Double Leg Takedown (*Baiana*)

Forward Break Fall
Hip Throw (*Queda*)

Backward Roll
Sprawl Go-Behind

Floor Techniques

Position

Escapes/Defenses

Offense/Attacks

Mount

Bridge and Roll (*Ponte*)
Elbow Escape (*Fuga de Cutovelo*)

Arm Bar (*Chave de Braco*)
Cross Collar Choke (*Estrangulamento*)
Key Lock (*Americana*)

Guard

Guard Pass Over Same Side Leg
Guard Pass Over Cross Side Leg
Guard Pass Under Leg
Bull Fighter Pass
Guillotine Choke Defense
Arm-In Guillotine Choke Defense
Stand Up and Open The Guard
Hold Posture

Technical Get-Up
Break Opponent's Posture
Guillotine Choke
Arm-In Guillotine Choke
Scissor Sweep (*Raspagem de Tisora*)
Pendulum Sweep (*Raspagem de Pendulo*)
Butterfly Sweep (*Raspagem de Borboleta*)
Arm Bar (*Chave de Braco*)
Cross Collar Choke (*Estrangulamento*)
Triangle Choke (*Triangulo*)
Guillotine Choke (*Guilhotina*)
Key Lock (*Americana de Guarda*)

Half Guard

Pass With Underhook

Underhook to Single Leg Sweep

Cross Side

Turn On Your Knees
Reposition The Guard
Knee On Belly Escape
Body Position Defending Mount
Stand Up From Underhook

Key Lock
Kimura (*Kimura*)
Knee On Belly (*Joelho na Barriga*)
Knee On Belly with Choke
Option To Mount - Knee On Belly
Option To Mount - Step Over

Rear Mount

Escape Sliding Down Hips
Escape Moving To Side

Rear Naked Choke (*Mata Leao*)
Double Lapel Choke (*Queda*)

Open

Straight Foot Lock Defense

Straight Foot Lock

Additional Requirements to Test For Blue Belt Include:

Minimum of one calendar year at white belt in good standing with the team
One technique class per week minimum
288 total hours of training minimum