

## Elite Athletics BJJ Green Belt Test

A Green Belt candidate has been training regularly for a minimum of 9 months, and has a basic understanding of position control, selected submissions and selected escapes. They must show a fundamental understanding of movement and “space” during sparring. Before testing, there will be a Green Belt test workshop where all techniques are demonstrated and reviewed. The course curriculum will also support these techniques.

- **DEMONSTRATE AND COMMUNICATE BASIC CONTROL/STABILIZATION IN VARIOUS POSITIONS**

- **TAKEDOWNS**

- Double leg
- Step Back Sweep

- **FULL GUARD (BOTTOM)**

- Submissions:
  - Scissors lapel choke
  - Armbar
  - kimura
- Sweeps:
  - Balance Sweep
  - Kimura sweep

- **FULL GUARD (TOP)**

- Passes:
  - Ground
    - Knee over, baseball slide pass
    - Scoop under stack pass

- **HALF GUARD (TOP)**

- Passes:
  - Baseball slide pass – to position 2
  - Pull knee out pass – to side control
- Submissions:
  - Ezekiel choke

- **HALF GUARD (BOTTOM) and Deep Half**

- Sweeps:
  - Rollover Sweep from being flat on back (both directions)

- **SIDE CONTROL (TOP)**

- Submissions:
  - Americana/keylock – to straight armbar (clearing the arm)
  - Ezekiel
- Transitions:
  - to mount

- **SIDE CONTROL (BOTTOM)**

- Escapes:

- Hip escape to replace full guard
- **MOUNT (TOP)**
  - Submissions:
    - Scissors choke
    - Armbar
    - Americana/keylock
- **MOUNT (BOTTOM)**
  - Escapes:
    - Remove hooks, trap foot, Upa/rollover
- **BACK CONTROL** – with knee pressure
  - Submissions:
    - Rear Naked Choke
    - Double lapel choke
- **BACK CONTROL DEFENSE** – defend the choke first!
  - Escape: upa up, release hook, snake crawl to side, and turn in
- **SIDE TURTLE (TOP)**
  - Transitions: hooks in and take back to side
- **SUBMISSION DEFENSES/ESCAPES**
  - Scissor Choke from Guard
  - Armbar from Guard
  - Armbar from mount