

Elite Athletics BJJ Blue Belt Test

A Blue Belt has been training regularly for approximately 2 years and has a good foundation in all positions both offensively and defensively. Before testing there will be a Blue Belt test workshop where all techniques are demonstrated and reviewed. As knowledge in jiu jitsu is cumulative, a Blue Belt test student is expected to know and may be asked to demonstrate Green Belt Test techniques.

- **TAKEDOWNS**

- Double leg
- Ankle Pick
- Step Back Sweep

- **FULL GUARD (BOTTOM)**

- Submissions:
 - Scissors choke
 - Armbar
 - Triangle
 - Omoplata
 - Kimura
 - Gi choke of choice
- Sweeps:
 - Balance Sweep
 - Kimura sweep
 - Foot-in-gi Sweep
- Transition to Back: Elbow Sweep

- **FULL GUARD (TOP)**

- Passes:
 - Ground
 - Basic knee over thigh pass
 - Scoop under stack pass
 - Half standing pass to front and back
 - Basic Standing Pass
- Pass to Submit:
 - Scoop under stack pass to bread cutter lapel choke
 - One leg up Pass to straight ankle lock

- **HALF GUARD (TOP)**

- Passes: demonstrate clearing grips first
 - Baseball slide pass
 - Pull knee out pass
 - Thigh Trap power pass
- Submissions:
 - Whizzer choke
 - kimura

- **HALF GUARD (BOTTOM)** and Deep Half
 - Sweeps:
 - Rollover Sweep from being flat (both directions)
 - Underneath foot trap sweep
 - Underhook, knee crank sweep
 - Submissions:
 - Kimura
- **SIDE CONTROL (TOP):** demonstrate north/south transitions
 - Submissions:
 - Americana/keylock
 - Ezekiel
 - Kimura
 - Gi control/chicken wing to Americana
 - Transitions:
 - to mount
- **SIDE CONTROL (BOTTOM)**
 - Escapes:
 - Hip escape to replace guard
 - Underhook escape and switch base
- **MOUNT (TOP)**
 - Submissions:
 - Scissors choke
 - Armbar
 - Americana/keylock
 - Knee up kimura (when opponent hugs)
- **MOUNT (BOTTOM)**
 - Escapes:
 - Upa/rollover
 - Leg hook to half guard
- **KNEE ON BELLY (TOP)**
 - Submissions:
 - Scissors choke
 - Armbar (straight and spinning)
 - Transitions; to mount
- **KNEE ON BELLY (BOTTOM)**
 - Escapes:
 - Hip escape up to half guard
- **BACK CONTROL**
 - Submissions:
 - Rear Naked Choke
 - Two lapel choke

- Ezekiel choke
- **BACK CONTROL DEFENSE**
 - Escapes: upa up, snake crawl and turn in
- **OPEN GUARD / SPIDER GUARD (TOP)**
 - Passes:
 - Bullfighter pass
- **OPEN GUARD / SPIDER GUARD (BOTTOM)**
 - Sweeps:
 - Tripod sweep
- **SIDE TURTLE (TOP)**
 - Transitions: hooks in and take back to side
- **SIDE TURTLE (BOTTOM)**
 - Escapes: kick back to half guard
- **FRONT TURTLE (TOP)**
 - Transitions: to side turtle
 - Submissions: single lapel choke to roll
- **FRONT TURTLE (BOTTOM)**
 - Escapes: sit out (elbow up)
- **SUBMISSION DEFENSES**
 - Chokes from Guard
 - Armbar from mount
 - Triangle
 - Ankle Lock