Requirements Before Taking Blue Belt Test – Round time: 2 minute

DRILLING ROUNDS

Defense to the Rear Collar Choke

Gi											**10**
Gi											**20**
Gi											**30**
Gi											**40**
Gi											**50**
Gi											**60**

Basic Escape from Turtle Side Position

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Single Leg Toreada to Punch Guard Pass

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Armbar from the Top – Various Position

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

POWER GENERATION

Knee Mount, Mount, Knee Mount - Top

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Any Power Generation Drill

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

FIGHTING PROFICIENCY ROUNDS

Clinch round – Free, Helmet and Gloves

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Guard - Bottom, Helmet and Gloves

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Guard - Top, Helmet and Gloves

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Super Round – Helmets and Gloves - Guard, Half Guard, Side/North South, Knee mount, Mount, Turtle Front, Back

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**

Free Roll – From Knees

Gi											**10**
Gi											**20**
Gi											**30**
NoGi											**40**
NoGi											**50**
NoGi											**60**