

JIU-JITSU BLUE BELT SYLLABUS (3rd KYU) *REVISED AUGUST 2015

- 1. Yoko Guruma (Side Wheel) Variations**
- 2. Tani Otoshi (Valley Drop) & Yoko Otoshi (Side Drop)**
- 3. Soto Makikomi (Outside Rolling Down) with Headlock Grip**
- 4. Kata Guruma (Shoulder Wheel)**
- 5. Arm Bar Counters: Koshi Guruma & Sukui Nage (Scoop Throw)**
- 6. Rear Arm & Collar Counters:**
 - **Koshi Guruma**
 - **Hair Pull & Arm Lock**
 - **Hammerlock**
 - **Elbow & Throw**
- 7. Goose-Neck Lock**
- 8. Facing Shoulder Throat Lock and Takedowns**
- 9. Full Outside Wrist Lock and Come-Along**
- 10. Bar Choke Counter: Koshi Guruma & Shoulder Seizure**
- 11. Kani Basami (Scarf Hold) Escapes**
- 12. Attacks to Nerve & Pressure Points**
- 13. Knife Defenses: Russian Sweep vs. Thrust & Filipino Sweep vs. Slash**