



GT JIU-JITSU JUNIOR BLUE BELT SYLLABUS (3RD KYU)

- 1. Yoko Guruma Variations**
- 2. Tani Otoshi & Yoko Otoshi**
- 3. Headlock Takedown into Kesa Gatame**
- 4. Kata Guruma Variations**
- 5. Standing Arm Bar Counters:**
 - **Koshi Guruma**
 - **Sukui Nage**
- 6. Rear Arm & Collar Counters:**
 - **Koshi Guruma**
 - **Hair Grab & Arm Hammerlock**
- 7. Goose-neck Lock**
- 8. Facing Shoulder Arm Lock into Takedowns**
- 9. Full Outside Wrist Lock into Come-along**

***After exhibiting competency of the above techniques, you will be eligible for:
Brown Belt (2nd Kyu).**