



## ***GT JIU-JITSU BLUE BELT SYLLABUS (3<sup>rd</sup> KYU)***

- 1. Yoko Guruma Variations**
- 2. Tani Otoshi & Yoko Otoshi**
- 3. Soto Makikomi & Dropping Tai Otoshi with headlock grip**
- 4. Kata Guruma Variations**
- 5. Arm Bar Counters:**
  - Into **Koshi Guruma**
  - Into **Sukui Nage**
- 6. Rear Arm & Collar Counters:**
  - **Koshi Guruma**
  - **Hair Pull & Arm Lock**
  - **Hammerlock**
  - **Elbow & Throw**
- 7. Goose-Neck Lock**
- 8. Facing Shoulder Throat Lock into Takedown**
- 9. Full Outside Wrist Lock into Come-Alongs**
- 10. Bar Chokes and Counters: Koshi Guruma & Shoulder Seizure**
- 11. Kesa Gatame Escapes**
- 12. Attacks to Nerve and Pressure Points**
- 13. Knife Defenses: Russian Sweep vs. thrust & Phillipino Sweep vs. Slash**

**\*After exhibiting competency of the above techniques, you will be eligible for brown belt (2<sup>nd</sup> Kyu).**