



GT JIU-JITSU GREEN STRIPE SYLLABUS (4th KYU)

1. Headlock Escapes:

- From front into groin strike & **Morote Gari**
- From side into hammerlock
- From side into **Yoko Guruma & Tani Otoshi**

2. Escapes from Garrotes:

- From front into shoulder seizure
- From front into **Koshi Guruma**
- From rear-fall back and strike
- From rear-pivot, strike and **Morote Gari**

3. Demonstrate Various Locks and Holds:

- Shoulder Dislocates-single and double
- Prone shoulder pins and variations
- Seated spine locks
- Figure 4 leg locks

4. Breaking Ground Chokes:

- Wedge break & push-pull from front mount
- Head drive & mastoid assist from front mount
- Double arm bar from guard
- Arm and lapel grab into side takedown
- Arm bar from side choke position

5. Rear Choke Finishes and Escapes

6. Hane Goshi

7. Front and Rear Scoop/Belt Drops

8. Single Leg Takedown Variations

9. Half and Full Nelson Escapes

10. Knife Defenses:

- Know how to move/Strike to back of hand/Elbow break into entangled wrist lock/Armpit takedown/Sweep knife to groin

***After exhibiting competency of the above techniques, you will be eligible for blue belt (3rd Kyu)**