



## ***GT JIU-JITSU GREEN BELT SYLLABUS (5<sup>th</sup> KYU)***

- 1. Front Double Overhook Escapes:**
  - O Goshi & O Uchi Gari
- 2. Front Double Underhook Escapes:**
  - Head turn & Belt pull
- 3. Rear Double Overhook Escapes:**
  - O Goshi & Sukui Nage
- 4. Rear Double Underhook Escapes:**
  - Kimura & Leg pull/knee bar
- 5. Dropping Tai Otoshi**
- 6. Morote Seoi Nage from Rear Choke**
- 7. Tawara Gaeshi Throw Variations**
- 8. Bar Choke Variations**
- 9. Choking Kata:**
  - Rolling fist/Forehead assist/Cradle/Triangular vice/Neck assist/  
Japanese/Single lapel/Double lapel
- 10. Kesa Gatame Finishes: Double Arm Shoulder Lock & Neck Crank**
- 11. Kata Gatame**
- 12. Ko Soto Gari**
- 13. Ko Uchi Gari**

**\*After exhibiting competency of the above techniques, you will be eligible for Green Stripe (4<sup>th</sup> Kyu).**