



## ***GT JIU-JITSU YELLOW BELT SYLLABUS (7<sup>th</sup> KYU)***

### **1. Throws (Nage Waza):**

- Ogoshi
- Koshi Guruma

### **2. Arm Bars:**

- From front mount or side control.
- From guard.

### **3. Defending Head Kicks:**

- Recumbent ankle
- Single leg takedown into foot lock and figure 4.

### **4. Standing Front and Rear “V” Choke Defenses**

### **5. Standing Arm and Shoulder Locks:**

- Facing shoulder arm lock
- Short arm bar and entangled wrist lock
- Elbow lift lock
- Shoulder Seizure into various controls and locks

### **6. Prone Shoulder Control and Locks**

### **7. Lapel Grab Defenses:**

- Elbow pull
- Shoulder dislocate (over/under)
- Wrist lock and throws, circular wrist lock
- “Z” lock

### **8. Single Leg Takedown Variations**

### **9. Hair Pull Defenses (pull down & shoulder arm lock)**

### **10. Breaking Ground Chokes:**

- Head Drive from mount
- Arm bar from high guard and from beside body.
- Wedge break
- From shoulder pin

**\*After exhibiting competency of the above techniques, you will be eligible for orange belt (6<sup>th</sup> Kyu).**