



Blue Belt Standards & Expectations

General Expectations

A new blue belt should demonstrate reliable technical skill, composure, and responsible training behavior. At this level, students are expected to control an untrained person and to roll safely with smaller or less experienced partners.

Standing Skills

- Execute at least three clean takedowns with proper mechanics.
- Demonstrate the ability to pull guard safely.
- Show basic understanding of stance, posture, grips, and takedown strategy.

Guard Skills

- Maintain guard effectively against white belts.
- Demonstrate strong closed guard and half guard with multiple attacks.
- Show attacks from butterfly guard, single-leg X, collar-sleeve, and DLR.
- Recognize and assume RDLR, lasso, X-guard, spider, and deep half.
- Perform a technical stand-up from guard.

Passing Skills

- Understand pressure and outside passing concepts.
- Pass half guard and open/closed guard with structure.
- Demonstrate toreando, leg drag, over-under, double-under, and knee-cut passes.
- Break grips effectively when passing open guard.

Positional Knowledge

- Navigate transitional positions: front headlock, turtle, north-south, standing body locks, and scrambles.

Transitions & Control

- Maintain dominant positions and transition smoothly between them with awareness and pressure.

Escapes

- Escape dominant positions when held by a white belt of similar size and athleticism.
- Demonstrate at least two reliable escapes for each major position.

Submissions

- Chokes: RNC, bow-and-arrow, triangle, arm triangle, cross collar, guillotine, Ezekiel.
- Joint locks: armbar (multiple positions), kimura, americana, omoplata, straight footlock.
- Submit white belts from dominant positions.
- Demonstrate the ability to defend and escape all listed submissions.