

Grey Belt Requirements

(4-7) years old

Throws/Takedowns

- The leg throw (Osoto-Gari)
- The hug throw

Mount

- Superman Control

Guard

- Spider Guard
- Bull Guard pass

Escapes

- Shrimp Escape
- Upa Escape

Back

- Crazy Horse
- Back Pack

Side Control

- Shark Bite
- Snake Bite