

# Grey/Black 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
- Butterfly Guard

## Escapes

- Shrimp Escape
- Upa Escape

## Back

- Crazy Horse
- Back Pack
- Seat Belt Flip

## Side Control

- Shark Bite
- Snake Bite

## Sweeps

- Scissor sweep