

Yellow/White Belt Requirements

(6-9) years old

Throws/Takedowns

- The leg Throw (Osoto-Gari)
- The Hip Throw (KoshiGuruma)

Escapes

- One way to escape side control
- One way to escape the mount

Mount

- One way to transition to the mount

Back

- Back Pack
- Back Control
- Seat Belt

Guard

- Spider Guard
- Butterfly Guard
- Bull pass
- Cross Knee Pass

Guard Sweeps

- Scissor sweep
- Heel hook sweep

Side Control

- Two ways to maintain side control