

Junior Black Belt Requirements

Kicks

Step behind roundhouse kick in horse stance
Step behind side kick in horse stance
Spinning back kick

Takedowns

Body drop with step over heel strike to body and shoulder lock

Hold Escapes

2 wrist grab from the rear held far
Front headlock
Side headlock
Hair grab from the front
Hair grab from the rear

Grappling / Ground defense

Guard Monster (Head hug) Start in full mount and you get rolled
Guard Swim (always controlling opponent's head)
Combination (snake bite, snake squeeze, transition to mount, spider hands/swim, you get rolled, guard monster/swim, opponent gets up, get up and tackle the giant, transition to mount

Crazy legs (grabs opponent's legs and move them to side, transition to side control/super base)
Crazy legs (must move legs and get to side mount quicker, then sneaky knee transition to mount)
Combination (shark bite reach up and hug, opponent pushes you away, get up, crazy legs, crocodile control super base, transition to mount sneaky knee, spider hands, bulldozer, crazy horse)

Vision

Student will write an essay on what it means to be a junior black belt. What were the challenges they experienced during their training? What were the benefits of their training? What are their future goals in jiu-jitsu?