

## WHITE-YELLOW BELT - 6th KYU

### SOLO-DRILLS

basic footwork (fight stance)	-		backward roll		
backward breakfall	-		shrinking	-	
side breakfall L + R	-		bridging	-	
forward breakfall	-		technical standup	-	
forward roll			sprawl defense	-	

### SELF-DEFENSE

wrist- and forearm grabs	6		nelson		
front choke	3		clothing grabs	2	
rear choke	3		hair grabs		
pushing and shoving	1		front headlock / guillotine		
standing headlock	1		punches	1	
ground headlock	1		kicks	1	
front bearhug (over arms)	1		stick attack		
front bearhug (under arms)	1		knife attack		
rear bearhug (over arms)	1		threat with gun		
rear bearhug (under arms)	1		other weapons		

### MISCELLANEOUS

boxing combos	2		wrist- and/or fingerlocks	1	
kickboxing combos	2		straight armlocks	1	
other fist- and open hand strikes	1		bent armlocks	1	
close combat combos			leglocks		
hip throws	1		neck cranks		
leg throws	1		gi chokes		
hand and shoulder throws			no gi chokes		
sacrifice throws					

#### GUARD

get-ups	1	
sweeps	1	
submissions	1	
passes	1	

#### SIDE CONTROL / KOB

pins	1	
escapes	1	
submissions	1	

#### MOUNT

pins	1	
escapes	1	
submissions	1	

#### BACKMOUNT / TURTLE

attacks	1	
defenses	1	

#### FIGHT SIMULATION DRILLS

escapes	1 x 2'	
throws & takedowns		
jointlocks		
controlling techniques		
weapons defense		
close combat		
freestyle		

#### SPARRING

semi-contact sparring		
fight simulation sparring		
submission grappling		
no gi street sparring		

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## YELLOW BELT - 5th KYU

### SOLO-DRILLS

basic footwork (fight stance)	-		backward roll	-	
backward breakfall	-		shrinking	-	
side breakfall L + R	-		bridging	-	
forward breakfall	-		technical standup	-	
forward roll	-		sprawl defense	-	

### SELF-DEFENSE

wrist- and forearm grabs	7		nelson	1	
front choke	4		clothing grabs	4	
rear choke	4		hair grabs	1	
pushing and shoving	2		front headlock / guillotine	1	
standing headlock	2		punches	2	
ground headlock	2		kicks	2	
front bearhug (over arms)	2		stick attack		
front bearhug (under arms)	2		knife attack		
rear bearhug (over arms)	2		threat with gun		
rear bearhug (under arms)	2		other weapons		

### MISCELLANEOUS

boxing combos	3		wrist- and/or fingerlocks	2	
kickboxing combos	3		straight armlocks	2	
other fist- and open hand strikes	2		bent armlocks	2	
close combat combos			leglocks		
hip throws	2		neck cranks		
leg throws	2		gi chokes	2	
hand and shoulder throws	2		no gi chokes	2	
sacrifice throws	2				

#### GUARD

get-ups	2	
sweeps	2	
submissions	2	
passes	2	

#### SIDE CONTROL / KOB

pins	2	
escapes	2	
submissions	2	

#### MOUNT

pins	2	
escapes	2	
submissions	2	

#### BACKMOUNT / TURTLE

attacks	2	
defenses	2	

#### FIGHT SIMULATION DRILLS

escapes	1 x 2'	
throws & takedowns AND/OR jointlocks	1 x 2'	
controlling techniques		
weapons defense		
close combat		
freestyle		

#### SPARRING

semi-contact sparring		
fight simulation sparring		
submission grappling		
no gi street sparring		

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**ORANGE BELT - 4th KYU**

**SOLO-DRILLS**

basic footwork (fight stance)	-		backward roll	-	
backward breakfall	-		shrimping	-	
side breakfall L + R	-		bridging	-	
forward breakfall	-		technical standup	-	
forward roll	-		sprawl defense	-	

**SELF-DEFENSE**

wrist- and forearm grabs	8		nelson	2	
front choke	5		clothing grabs	6	
rear choke	5		hair grabs	2	
pushing and shoving	3		front headlock / guillotine	2	
standing headlock	3		punches	3	
ground headlock	3		kicks	3	
front bearhug (over arms)	3		stick attack	2	
front bearhug (under arms)	3		knife attack		
rear bearhug (over arms)	3		threat with gun		
rear bearhug (under arms)	3		other weapons		

**MISCELLANEOUS**

boxing combos	4		wrist- and/or fingerlocks	4	
kickboxing combos	4		straight armlocks	4	
other fist- and open hand strikes	4		bent armlocks	4	
close combat combos	2		leglocks		
hip throws	3		neck cranks		
leg throws	3		gi chokes	4	
hand and shoulder throws	3		no gi chokes	4	
sacrifice throws	3				

**GUARD**

get-ups	3	
sweeps	3	
submissions	3	
passes	3	

**SIDE CONTROL / KOB**

pins	3	
escapes	3	
submissions	3	

**MOUNT**

pins	3	
escapes	3	
submissions	3	

**BACKMOUNT / TURTLE**

attacks	3	
defenses	3	

**FIGHT SIMULATION DRILLS**

escapes	1 x 2'	
throws & takedowns	1 x 2'	
jointlocks	1 x 2'	
controlling techniques		
weapons defense		
close combat		
freestyle	1 x 2'	

**SPARRING**

semi-contact sparring	1 x 2'	
fight simulation sparring	1 x 2'	
submission grappling	1 x 5'	
no gi street sparring		

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## GREEN BELT - 3rd KYU

### SOLO-DRILLS

basic footwork (fight stance)	-		backward roll	-	
backward breakfall	-		shrimping	-	
side breakfall L + R	-		bridging	-	
forward breakfall	-		technical standup	-	
forward roll	-		sprawl defense	-	

### SELF-DEFENSE

wrist- and forearm grabs	9		nelson	3	
front choke	6		clothing grabs	8	
rear choke	6		hair grabs	3	
pushing and shoving	4		front headlock / guillotine	3	
standing headlock	4		punches	4	
ground headlock	4		kicks	4	
front bearhug (over arms)	4		stick attack	4	
front bearhug (under arms)	4		knife attack	4	
rear bearhug (over arms)	4		threat with gun		
rear bearhug (under arms)	4		other weapons		

### MISCELLANEOUS

boxing combos	6		wrist- and/or fingerlocks	6	
kickboxing combos	6		straight armlocks	6	
other fist- and open hand strikes	6		bent armlocks	6	
close combat combos	4		leglocks		
hip throws	4		neck cranks		
leg throws	4		gi chokes	6	
hand and shoulder throws	4		no gi chokes	6	
sacrifice throws	4				

### GUARD

get-ups	4	
sweeps	4	
submissions	4	
passes	4	

### SIDE CONTROL / KOB

pins	4	
escapes	4	
submissions	4	

### MOUNT

pins	4	
escapes	4	
submissions	4	

### BACKMOUNT / TURTLE

attacks	4	
defenses	4	

### FIGHT SIMULATION DRILLS

escapes	1 x 2'	
throws & takedowns	1 x 2'	
jointlocks	1 x 2'	
controlling techniques	1 x 2'	
weapons defense		
close combat		
freestyle	1 x 2'	

### SPARRING

semi-contact sparring	1 x 2'	
fight simulation sparring	1 x 2'	
submission grappling	2 x 5'	
no gi street sparring	1 x 5'	

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## BLUE BELT - 2nd KYU

### SOLO-DRILLS

basic footwork (fight stance)	-		backward roll	-	
backward breakfall	-		shrinking	-	
side breakfall L + R	-		bridging	-	
forward breakfall	-		technical standup	-	
forward roll	-		sprawl defense	-	

### SELF-DEFENSE

wrist- and forearm grabs	10		nelson	4	
front choke	7		clothing grabs	10	
rear choke	7		hair grabs	4	
pushing and shoving	5		front headlock / guillotine	4	
standing headlock	5		punches	5	
ground headlock	5		kicks	5	
front bearhug (over arms)	5		stick attack	6	
front bearhug (under arms)	5		knife attack	6	
rear bearhug (over arms)	5		threat with gun	4	
rear bearhug (under arms)	5		other weapons	4	

### MISCELLANEOUS

boxing combos	8		wrist- and/or fingerlocks	8	
kickboxing combos	8		straight armlocks	8	
other fist- and open hand strikes	8		bent armlocks	8	
close combat combos	5		leglocks	2	
hip throws	5		neck cranks	1	
leg throws	5		gi chokes	8	
hand and shoulder throws	5		no gi chokes	8	
sacrifice throws	5				

### GUARD

get-ups	5	
sweeps	5	
submissions	5	
passes	5	

### SIDE CONTROL / KOB

pins	5	
escapes	5	
submissions	5	

### MOUNT

pins	5	
escapes	5	
submissions	5	

### BACKMOUNT / TURTLE

attacks	5	
defenses	5	

### FIGHT SIMULATION DRILLS

escapes	1 x 2'	
throws & takedowns	1 x 2'	
jointlocks	1 x 2'	
controlling techniques	1 x 2'	
weapons defense OR close combat	1 x 2'	
freestyle	2 x 2'	

### SPARRING

semi-contact sparring	2 x 2'	
fight simulation sparring	2 x 2'	
submission grappling	3 x 5'	
no gi street sparring	1 x 5'	

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## BROWN BELT - 1st KYU

### SOLO-DRILLS

basic footwork (fight stance)	-		backward roll	-	
backward breakfall	-		shrimping	-	
side breakfall L + R	-		bridging	-	
forward breakfall	-		technical standup	-	
forward roll	-		sprawl defense	-	

### SELF-DEFENSE

wrist- and forearm grabs	10		nelson	5	
front choke	8		clothing grabs	10	
rear choke	8		hair grabs	5	
pushing and shoving	6		front headlock / guillotine	5	
standing headlock	6		punches	6	
ground headlock	6		kicks	6	
front bearhug (over arms)	6		stick attack	8	
front bearhug (under arms)	6		knife attack	8	
rear bearhug (over arms)	6		threat with gun	6	
rear bearhug (under arms)	6		other weapons	6	

### MISCELLANEOUS

boxing combos	10		wrist- and/or fingerlocks	10	
kickboxing combos	10		straight armlocks	10	
other fist- and open hand strikes	10		bent armlocks	10	
close combat combos	6		leglocks	4	
hip throws	6		neck cranks	2	
leg throws	6		gi chokes	10	
hand and shoulder throws	6		no gi chokes	10	
sacrifice throws	6				

### GUARD

get-ups	6	
sweeps	6	
submissions	6	
passes	6	

### SIDE CONTROL / KOB

pins	6	
escapes	6	
submissions	6	

### MOUNT

pins	6	
escapes	6	
submissions	6	

### BACKMOUNT / TURTLE

attacks	6	
defenses	6	

### FIGHT SIMULATION DRILLS

escapes	1 x 2'	
throws & takedowns	1 x 2'	
jointlocks	1 x 2'	
controlling techniques	1 x 2'	
weapons defense	1 x 2'	
close combat	1 x 2'	
freestyle	2 x 2'	

### SPARRING

semi-contact sparring	2 x 2'	
fight simulation sparring	2 x 2'	
submission grappling	3 x 5'	
no gi street sparring	2 x 5'	

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