

Northern Colorado Jiu-Jitsu and the Rigan Machado Network

White Belt to Blue Belt Requirements

A student must know the following self-defense in order to attain a **Blue Belt**.



Stripe 1 Adults. Youth White/Grey Belt.

Standing up in Base

Safe Stance/Base

Close Distance to Clinch

Sucker Punch

Super Slap

Side Kick

Wrist Grabs

Front Kick

Elbow Strike

Stripe 2 Adults. Youth Yellow Belt

Two Hand Front Choke (Stationary)

Single Hand Collar Grab

Two Hand Front Choke (Pushing)

Single Hand Collar Grab with wrist fold

Two Hand Choked against a wall

Single Hand Collar Grab palm up/bully grip

Single Hand Front Choke against a wall

Single Hand Collar Grab straight arm

Wall Pin

Single Hand Collar Grab thumb down

Stripe 3 Adults. Youth Orange Belt

Single Hand Chest Push

Tackle Defenses (with knee strike) (with elbow) (with Guillotine)

Double Collar Grab hands apart

Headlock with punch

Double Collar Grab hands together

Headlock bent down

Shoulder Grab Defense (arm bent)

Headlock with Wide Stance/sitting escape

Shoulder Grab Defense (straight arm)

Stripe 4 Adults. Youth Green Belt

Front Bear Hug over the arms

Rear Bear Hug over the arms

Front Bear Hug under the arms (chin push)

Rear Bear Hug under the arms

Front Bear Hug under the arms (with frame)

Rear Bear Hug under arms (with lift)

Rear Choke defense

Guillotine Defense/sitting back

Rear Choke with drag

Guillotine Defense/trip takedown

Take Downs - Student must be able to demonstrate the following take downs

Double Leg - Hip Throw - Single Leg - Inside Leg Trip - Outside heel hook trip - Outside leg trip - Body Fold

NORTHERN COLORADO



JIU JITSU