

Northern Colorado Jiu-Jitsu and the Rigan Machado Network

White Belt to Blue Belt Requirements

A student must know the following techniques in order to attain a **Blue Belt**.



Stripe 1 Adults. Youth White/Grey Belt

Bridge	Keeping Mount	Shrimp
Upa Escape the Mount	Arm Bar from Mount	Sit Through
Passing Guard (Standing)	Forward Shoulder Roll (standing & kneeling)	Frame
Hip Switching	Back Break fall (standing & sitting)	Back Roll (Standing & Sitting)

Stripe 2 Adults. Youth Yellow Belt

Elbow Escape from mount	Guillotine Choke	Arm Bar from Guard
Americana	Kimura	Passing Guard (Kneeling)
Cross Choke	Belly Sweep	Passing Guard (Knee Slice)
Rear Naked Choke (Mata Leao)	Ezekiel Choke	Passing Guard (Double Under)
Back Control Escape	Collar Choke from Side Mount	Passing Guard (Walk Around)

Stripe 3 Adults. Youth Orange Belt

Triangle Choke	Arm Inside Sweep
Scissor Sweep	Omaplata
Push Sweep	Elbow Escape from Cross Body
Hook / Elevator Sweep	Straight Arm Bar from Cross Body
Spinning / Arm inside Arm-bar	Passing Half Guard

Stripe 4 Adults. Youth Green Belt

HL Escape Arm Frame	Over-head Sweep
HL Escape Attacker Head Down	Shoulder Choke/Arm Triangle
HL Escape Attacker Curls Up	Thrusting Choke
HL Escape Arm Trapped	Baseball Bat Choke
Double Grab Ankle Sweep	Von Flue Choke

*students must also demonstrate properly escaping and defending all submissions

NORTHERN COLORADO

