

BJJ TESTING

NAME: _____

RANK: _____

CORE SKILLS – STARTER PHASE <ul style="list-style-type: none"><input type="checkbox"/> Tie Belt<input type="checkbox"/> Tap out<input type="checkbox"/> Shrimp & Bridge<input type="checkbox"/> Breakfalls: front/side/back<input type="checkbox"/> Shoulder Rolls: forward/back<input type="checkbox"/> Sit-out<input type="checkbox"/> Umpa Escape: In Top Mount<input type="checkbox"/> Keylock: Side Control<input type="checkbox"/> Guard Break: In Guard<input type="checkbox"/> Hip Escape: In Side Control<input type="checkbox"/> Scissor Sweep: Guard	PHASE 1 <ul style="list-style-type: none"><input type="checkbox"/> X-Choke: Mount<input type="checkbox"/> X-Choke: Guard<input type="checkbox"/> Knee Cut Guard Pass<input type="checkbox"/> Leg Weave Guard Pass<input type="checkbox"/> Foot Wedge to Mount: In ½ Guard<input type="checkbox"/> Foot Wedge to Kesa: In ½ Guard<input type="checkbox"/> Leg Grab to ½ Guard: Mounted<input type="checkbox"/> Armbar: Knee on Belly<input type="checkbox"/> Spinning Armbar: Knee on Belly<input type="checkbox"/> Mount to Knee on Belly Transition<input type="checkbox"/> Takedown with Double Underhooks	PHASE 2 <ul style="list-style-type: none"><input type="checkbox"/> Umpa to ½ Guard: In Knee Belly<input type="checkbox"/> Paper Cutter: Side Control<input type="checkbox"/> Paper Cutter: Knee on Belly<input type="checkbox"/> Mule Kick Escape: In Back Mount<input type="checkbox"/> Armbar: Back Mount<input type="checkbox"/> Clock Choke: On Turtle<input type="checkbox"/> Sit-out & Take Back: Turtle<input type="checkbox"/> Standing Guard Break: In Guard<input type="checkbox"/> Bull Fighter Pass: In Guard<input type="checkbox"/> Mount to Back Mount Transition<input type="checkbox"/> Double Leg Takedown
PHASE 3 <ul style="list-style-type: none"><input type="checkbox"/> Kimura: Side Control<input type="checkbox"/> Straight Arm Lock: Side Control<input type="checkbox"/> Head and Arm Choke – Side Control<input type="checkbox"/> Armbar: Top Mount<input type="checkbox"/> Hip Bump Sweep: Guard<input type="checkbox"/> Guillotine: Guard<input type="checkbox"/> Kimura: Guard<input type="checkbox"/> Single Collar Choke: Back Mount<input type="checkbox"/> Back Step Pass: In ½ Guard<input type="checkbox"/> Kesa-Gatame to Side Control<input type="checkbox"/> Koshi Guruma	PHASE 4 <ul style="list-style-type: none"><input type="checkbox"/> Triangle Choke: Guard<input type="checkbox"/> Omoplata: Guard<input type="checkbox"/> Armbar: Guard<input type="checkbox"/> Flower Sweep: Guard<input type="checkbox"/> Swing Escape: NS<input type="checkbox"/> NS Choke: North-South<input type="checkbox"/> Kimura (Figure 4): NS<input type="checkbox"/> Underhook to back: ½ Guard<input type="checkbox"/> Back to Mat Escape: In Back Mount<input type="checkbox"/> Kesa-Gatame to NS Transition<input type="checkbox"/> O-Goshi	PHASE 5 <ul style="list-style-type: none"><input type="checkbox"/> Baseball Choke: Guard<input type="checkbox"/> Baseball Choke: Knee on Belly<input type="checkbox"/> Keylock with Hands: Kesa-Gatame<input type="checkbox"/> Keylock with Legs: Kesa-Gatame<input type="checkbox"/> Back Door Escape: In Kesa-Gatame<input type="checkbox"/> Guillotine: Side Control<input type="checkbox"/> Armpit Escape: In Side Control<input type="checkbox"/> Feed Lapel to Knees: In Knee on Belly<input type="checkbox"/> Side Control to Kesa-Gatame Transition<input type="checkbox"/> Ippon Seoi Nage (or Drop Knee)
PHASE 6 <ul style="list-style-type: none"><input type="checkbox"/> Lockdown: ½ -Guard<input type="checkbox"/> Electric chair sub: ½ -Guard<input type="checkbox"/> Electric chair sweep: ½ -Guard<input type="checkbox"/> Lockdown Break: In ½ -Guard<input type="checkbox"/> Hip Switch Pass: In ½ -Guard<input type="checkbox"/> Pass Arm Over Back Escape<input type="checkbox"/> Rear naked choke: Back Mount<input type="checkbox"/> Keylock: Top Mount<input type="checkbox"/> Side Control to Mount (2 ways)<input type="checkbox"/> Tani O Toshi<input type="checkbox"/> Uke Waza	PHASE 7 <ul style="list-style-type: none"><input type="checkbox"/> Step-over Armbar: Kesa<input type="checkbox"/> Head and Arm Choke: Kesa<input type="checkbox"/> Stack Pass: In Guard<input type="checkbox"/> Butterfly sweep: Guard<input type="checkbox"/> Single butterfly sweep: ½ -guard<input type="checkbox"/> Hip escape to guard: ½ -guard<input type="checkbox"/> Elbow-knee esc to ½ Guard: Mount<input type="checkbox"/> Darce Choke: Side Control<input type="checkbox"/> Backdoor Escape: In Side Control<input type="checkbox"/> Knee Belly to Kesa<input type="checkbox"/> Single Leg Takedown	PHASE 8 <ul style="list-style-type: none"><input type="checkbox"/> Achilles Lock<input type="checkbox"/> Double Ankle Sweep: Guard<input type="checkbox"/> Ezekiel: Mount<input type="checkbox"/> Ezekiel: Guard<input type="checkbox"/> Ezekiel: North South<input type="checkbox"/> Head & Arm Choke: Top Mount<input type="checkbox"/> Leg Over Head Escape: Kesa<input type="checkbox"/> Elbow Knee Esc: In Kesa<input type="checkbox"/> Elbow Knee Esc to Armlock: In Kesa<input type="checkbox"/> Mount to Kesa Transition<input type="checkbox"/> O Soto Gari

INSTRUCTOR NOTES: