

Student: _____

Belt Test: _____

	Blue	Yellow	White	Red	Green
WHITE	Shrimp Bridge	Jab Cross Hook punch Uppercut Front kick Round kick Side kick	Same side wrist release 2 hand wrist release	Front breakfall Back breakfall Side breakfall Forward roll Backward roll	Hands and feet Rocky
Beg Ph1	Bump & roll Elbow-knee escape	Parry Salute block	Circle-8 Krav-lock	O Soto Gari	"Counter jab" "Counter cross"
Beg Ph2	Paintbrush up Paintbrush out Paintbrush down	8 angles of attack Sliding side kick	Rear double wrist grab	Ippon Seoi Nage	Shake your Hips Front to Back
Int Ph1	Scissor sweep Flower sweep	Knee Horizontal elbow Diagonal elbow Vertical elbow	Circle push SS TD Wrist lock	O Goshi	Get off me Superfoot
Int Ph2	Armbar from guard Armbar from mount Stepover armbar	Leg kick Defense from leg kick	Sushine Arm Lock Chicken Wing Arm Lock	Tani Otoshi	"Hide the step" "Hide the pivot" "Hide the kick"
Int Ph3	breaking guard Knee slide pass Stack pass	Elbow parry punches Elbow parry linear kick Elbow parry circular kick	Full nelson Rear bear hug over arms	Tai Otoshi	"Linear counter" "Circular counter"
Int Ph4	Mata Leon Single collar choke	Spinning side kick Defense #1 (jam) Defense #2 (avoid)	X-grip fish over the log Same side fish over the log	O Uchi Gari Ko Uchi Gari	Side Kicker
Adv Ph1	Keyturn escape Swing escape	Hook kick Crescent kick	Stand up in base	Kuzuri Morote Gari Sprawl Defense	Crazy Legs Windshield Wiper
Adv Ph2	Thread the needle up Thread the needle down scarf hold bump & roll	Slip Bob & weave Fade	Two hand choke Standing front headlock	Sumi Gaeshi	"Slip shot" "Head shot" "Between the eyes"
Adv Ph3	Kimura Hip bump sweep Triangle choke	Pummel Double Under-hooks Thai clinch Single Collar Tie	Rear bear hug under arms Front bear hug under arms	Morote Gari Tawara Gaeshi	Bully Defense
Adv Ph4	Sweep from standup Achilles lock	Superman punch	Escape side head lock Rolling head lock escape	Uki Waza	Hook and Switch
BBP	Lockdown Electric chair sweep Escape back choke	Oblique kick	Koto Gaeshi	Harai Goshi Deashi Harai	Knee Stomp

BBP Ph3 **INSTRUCTORS CHOICE**

Other Notes: