

## ***Section 3 - Blue Belt Qualification Test***

### **BBQD 3 SIDE MOUNT TECHNIQUES**

#### ***Controls (1)***

- Positional Control (L13)
  - Roll Prevention
  - Guard Prevention
  - Mount Transition

#### ***Escapes (4)***

- Shrimp Escape (L24)
  - Block and Shoot Variation
  - Shrimp and Shoot Variation
  - Punch Block Variation
- Headlock Escape 1 (L18)
  - Standard Frame Escape
  - Scissor Failure Variation
  - Super Lock Variation
- Headlock Escape 2 (L22)
  - Standard Leg Hook Escape
  - Super Base Variation
  - Punch Block Variation
- Elbow Escape (L33)
  - Knee Drive Variation
  - High Step Variation

### **BBQD 4 STANDING TECHNIQUES**

#### ***Controls (3)***

- Establish the Clinch
  - Aggressive Opponent (L7)
  - Conservative Opponent (L15)
- Haymaker Punch Defense (L30)

#### ***Takedowns (5)***

- Leg Hook Takedown (L6)
- Body Fold Takedown (L14)
- Double Leg Takedown (L17)
  - Aggressive Opponent
  - Conservative Opponent
- Pull Guard (L21)
- Rear Takedown (L29)

#### ***Submissions (2)***

- Guillotine Choke (L23)
  - Standing Variation
  - Guard Pull Variation
- Standing Armlock (L34)

#### ***Submission Counters (2)***

- Standing Headlock Defense (L26)
- Guillotine Defense (L32)

### **BBQD 5 FREESTYLE FIGHT SIMULATION**

In a four-minute Freestyle Fight Simulation Drill, you will demonstrate as many different Gracie Combatives techniques as possible in response to indicators determined by your partner. In this drill, we will again assess your technical accuracy, but first and foremost, we use fight simulation to evaluate your reflexes. So, it is essential for you and your partner to remain silent. Specifically, neither you nor your partner should announce indicators or call for techniques. The sole exception to this rule is when it's necessary to cooperatively transition to a new position in order to maximize the number and variety of techniques. Also, make sure that your partner challenges you with realistic bad guy behaviors at a speed that will enable us to assess your true reflexes. A properly executed fight simulation drill will confirm your street readiness and earn you your Gracie Jiu-Jitsu blue belt.

\*See Disc 13 of the Gracie Combatives Instructional DVD Collection for detailed instructions on the blue belt testing process and complete demonstrations of all five Blue Belt Qualification Drills.