



## Blue Belt Test

**Eligible Blue Belt Candidates: Fourth Degree White Belts with at least 100 hours of mat time.**

**Test Duration: 60 minutes**

Cost: \$150

Description:

**Part I. Movement Skills (20 minutes)**

The blue belt candidate will demonstrate all Basic Flow Movement Drills and Skills.

**Part II. Gracie Jiu Jitsu (40 minutes)**

The blue belt candidate will demonstrate all 60 Basic Flow Gracie Jiu Jitsu techniques and variations.

**Part III. Live Sparring (10 minutes)**

The blue belt candidate will do two 5 minute rounds of live sparring.

**Round 1. Grappling (Gi) - 5 minutes -**

Starting from knees. You and your opponent will try to submit each other. If someone gets submitted before time runs out you will start again from your knees. Continue until the 5 minute round ends.

**Round 2. Fight Simulation (MMA gloves) - 5 minutes -**

Starting from a standing position your opponent will initiate a real “bad guy” attack simulating Real Fight scenarios. Your opponent’s objective is to behave as a real “Bad Guy”. Trying to punch you and/or stand up. Your objective is to safely close the distance, take the fight to the ground, establish a dominant position and finish the fight with a submission. You are allowed to strike (open hand slap) your opponent. After every submission you will restart from a standing position. Your ability to preserve energy while tiring your opponent will be evaluated.

**Grading:**

The blue belt candidate will be deducted one point per critical mistake.

**Movement Point Deduction** - A point will be deducted for lack of control, awareness or unskilled movement during a movement drill.

**Gracie Jiu Jitsu Point Deduction** - A point will be deducted for any mistake that will compromise the efficiency or effectiveness of a technique, or allow a strike that can cause significant damage or a knock out.

**Maximum number of errors:**

Movement Skills: 5

Gracie Jiu Jitsu: 25

### Miloki Flow - Blue Belt Test Movement Drills & Skills

Movement Skills		Movement Drills	
Basic Movements		1. Crawl	a. Bear Crawl (forward, back, sideways)
	a. Squat		b. Supine Crawl (crab walk - fwd, back)
	b. Jump		c. Shoulder Crawl
	c. Jump - Squat		d. Army Crawl
	d. Run	2. Balance	a. Forward
	e. Stand Up in Base		b. Backwards
	f. Shrimp Drill		c. Turn (pivot & cross)
	g. Forward Roll		d. Squat (10 secs.)
	h. Backward Roll		e. Crawl
	i. Break-fall Forward	3. Jump	a. High Jump
	j. Break-fall Backward		b. Long Jump
	k. Break-fall Sideways		c. Precision Jump

Miloki Flow - Gracie Jiu Jitsu Blue Belt Test (Technique Breakdown)

Mount		Guard		Sidemount		Standup	
1. Escapes		1. Bottom Control		1. Control		1. Self Defense	
	1.1 Trap & Roll		1.1 Street Guard		1.1 Sidemount Control		1.1 Stand up in Base
	a. Standard Variation		a. Phase I		a. Roll Prevention		a. Standard Variation
	b. Strike Defense Variation		b. Phase II		b. Standard to Modified Sidemount		b. Distance Creation
	c. Neck-hug Variation		c. Phase III		c. Sidemount Walk Around		c. Kick Variation
	1.2 Elbow Escape		d. Phase IV		d. Guard Prevention		1.2 Base
	a. Standard Variation with hooks		e. Phase V		1.2 Mount Transition		a. Push Base
	b. Heavy Leg		f. Rollover Technique		a. Knee Drive		b. Pull Base
	c. Heavy knee		1.2 Guard Getup		b. High Step		1.3 Grip Release
	1.3 Back Mount Escape		1.3 Take the Back		1.3 Knee on Belly		a. Thumb Up Grip
a. Overhook Escape	2. Submissions	a. Sidemount to knee on belly.	b. Thumb Down Grip				
b. Underhook Escape		2.1 Chokes from the Guard	c. Double Grip				
2. Controls		2.1 Mount Control	a. Front Choke	1.4 Choke Defense			
		a. Anchor & Base / Emergency Hands	b. Cross Choke	a. Front Choke			
		b. Low Swim	2.2 Triangle Choke	b. Rear Choke			
		c. High Swim	a. 1.5 Setup Punch Block	1.5 Shoulder Grab Defense			
		2.2 Back Mount	b. 1.5 Setup Forced	a. Standard Variation			
		a. Take the back	c. Guard Getup to Triangle	b. Straight Arm			
		b. Remount Technique	2.3 Armlock	1.6 Standing Armlock			
		3. Submissions	3.1 Americana	a. Head Control Armlock	1.7 Sucker Punch Defense		
	a. Standard		b. High Variation Armlock	a. Hip Throw			
	b. Neck Hug Variation		c. Triangle Transition	b. Rear Trip			
c. Arm Triangle Variation	2.4 Kimura		1.8 Haymaker Punch Defense				
3.2 Chokes from the Mount	a. Head Control Variation		1.9 Bear Hug Defense				
a. Front Choke	b. Forced Variation		a. Under the Arms				
b. Cross Choke	c. Bump Sweep		b. Over the Arms				
c. Combos	2.5 Omoplata		1.10 Wall Pin Counter				
3.3 Rear Naked Choke	a. 1.5 Setup		a. One Arm Pin				
a. Overhook side	2.6 Footlock		b. Two Arm Pin				
b. Underhook side	a. Open Guard Setup	1.11 Headlock Defense					
3.4 Armlock	b. Standard Defense	a. Standard Variation					
a. Straight Armlock	3.1 Elevator Sweep	b. Smart Base					
b. Side Variation	a. Standard Variation	1.12 Guillotine Choke					
c. Headlock Variation	b. Neckhug Variation	a. Guillotine Defense Standard					
3.5 TAC	3.2 Double Ankle Sweep	b. Guillotine Defense Guard Pull					
a. Back Mount Finish (strikes)	a. Low Hip	c. Standing Guillotine Choke					
b. Figure 4 Lockdown to Forced Back Mount	b. High Hip	d. Pull Guard Variation					
c. Figure 4 Lockdown to Armlock Finish	3.3 Hook Sweep Guard	2. Fight Strategies	2.1 Close the Distance				
4. Guard Pass	a. Hook Sweep		1.1 Lockdown to Guard Recovery	a. Clinch Defensive (disengage)			
	b. Cross Sweep		1.2 Take the Back	b. Clinch Offensive			
	c. Combos		a. Direct Shot	c. Armdrag			
	3.4 Scissor Sweep		b. Underhook Recovery	d. Pissao Defensive			
	a. Standard Variation		Half Guard	2.2 Takedowns	e. Pissao Offensive		
	b. Knee Base Counter			a. Body Fold			
	c. Hand Base Counter			b. Leg Hook			
	4.1 Guard Pass			c. Rear Takedown			
	a. Kneeling Pass			d. Pull Guard			
	b. Standing Tripod Pass	e. Double Leg Takedown Defensive					
c. Standing Guard Pass	f. Double Leg Takedown Offensive						