



FOX FITNESS, LLC
2923 N TYLER ST. #105
WICHITA, KS 67205
316-243-0960

Gray Belt

Pre Requirements:

- Full attendance card (7-8 stripes)
- Knowledge of how to tie belt and line up (left hand out)
- No minimum age

Movement Techniques:

- Bear Crawl
- Rolling forward over the shoulder
- Upa (bridge), Corner to corner, thread the needle
- Shrimp Crawl
- Back Break Falls
- Technical Stand Up

Positional Knowledge and Demonstration:

- Mount (Skydive, Grapevine, Upa, etc.)
- Side Control (Shoulder of Justice, Knee/Elbow connection, etc.)
- Back Pack (Hooks and Seatbelt)
- Guard (Attacking and Defending Posture)

Techniques (Standing):

- Double Leg w/Trip
- O-Soto-Gari
- Snap Down to Front Headlock
- Grip Breaks (Demonstration)

Techniques (Grounded):

- Escapes
 - Trap and Roll from Mount (sleeve grip)
 - Shrimp to Guard from Mount
 - Recover Guard from Side Control
 - Guard Pass (Hey Punk or Knee in the Butt)
- Attacks
 - Americana (Mount and Side Control)
 - Rear Naked Choke (Backpack)
 - Guillotine (Guard)
- Sweeps
 - Hip Bump Sweep
 - Flower Sweep (Skinny Jeans)
 - Dummy Sweep



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Yellow Belt

Pre Requirements:

- Full attendance card (7-8 stripes)
- Demonstration of how to tie belt and line up (left hand out)
- Minimum age of 8

Movement Techniques

- Back Break Falls with Technical Stand Up
- Side Break Falls with Technical Stand Up
- Shrimp, Scoot, Stand
- Forward roll over the shoulder to standing

Positional Knowledge and Demonstration:

- Knee on Belly (Surfboard, Knee Switch, etc.)
- Bull Fighter Drill (Lift, Throw, Sprawl and Step Around to KOB)
- Kesa Gatame

Techniques (Standing):

- Single Leg
- Guard Pull

Techniques (Grounded):

- Escapes
 - Fishing Escape (Kwok Escape) from Mount
 - Hip Scoop Escape from Back
 - Guard Pass (Double Unders)
- Attacks
 - Armbar from Mount
 - Armbar from Guard
 - Triangle from Guard
- Sweeps
 - Scissor Sweep
 - Arm Drag to Back Mount
 - Lemon Squeeze



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Orange Belt

Pre Requirements:

- Full attendance card (7-8 stripes)
- Positional Knowledge of the Guard (3 Rules, Posture Control)
- Minimum age of 10

Movement Techniques:

- Bullfighter drill (Lift, throw, sprawl/sprawl, walk around/step past to KOB)
- Washing machine drill
- Sit out to back

Positional Knowledge and Demonstration:

- Butterfly Guard basics (rocking elevator drill, head in front of hips)
- Half Guard basics (knee shield, underhook, cross-body frames)

Techniques (Standing):

- O-Goshi (Hip Toss)
- Arm Drag or Duck Under to Sit and Spin or Table Top

Techniques (Grounded):

- Escape
 - Mount Escape to Half or Butterfly Guard
 - Guard Pass from Half or Butterfly Guard
 - Underhook Escape from Side Control
- Attacks
 - Kimura (Guard and Side Control)
 - Arm in Guillotine (Anaconda and D'Arce acceptable)
 - Ezekiel Choke from Mount
- Sweeps
 - Arm Drag to Hook Sweep
 - Tripod Sweep
 - Underhook to Back Control



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Green Belt (Self-Defense Test)

Pre Requirements:

- Full attendance card (7-8 stripes)
- Positional Knowledge of Self-Defense (Close distance, establish clinch, secure takedown)
- Knowledge of the 4 Golden Rules of Grappling
- Must be 13 or older

Movement Techniques:

- Standing defensive posture (Hands up, chin down, elbows in)
- Basic striking (defensive cover and straight punches)
- Pummel drill
- Basic self defense drill- break fall backwards, scoot back, kick and technical stand up

Techniques (Standing):

- Punch block to clinch to Body Fold Takedown
- Punch Block to Hip Toss (Defense)
- Sit and Spin from headlock (Defense)
- Rear Bear hug over/under arms

Techniques (Grounded):

- Escapes
 - Trap and Roll (overhook)
 - Recover Guard from Side, Overhook and Stand Up
 - Escape Back Control while defending RNC
 - Headlock defense and escape from bottom
- Sweeps
 - Punch block to hip bump
 - Punch block to overhook and stand up
- Attacks
 - Punch block to triangle