

# ABSOLUTE BEGINNER REQUIREMENTS

## *1. Movements*

Shrimping  
Bridging  
Stand Up in Base  
Level Change and Shot  
Sprawling

### Dominant Position

Kimura/Americana from Side Control  
Mount from Side Control  
Armbar from Mount  
Take the Back when he rolls  
Rear Naked Choke from Rear Mount  
Take the back from Turtle

## *2. Positions*

Rear Mount  
Mount  
Knee on Belly  
Side Control  
Scarf Hold

### Takedowns

Double Leg  
Single Leg  
Hip Throw

Closed Guard  
Butterfly Guard  
Open Guard  
Half Guard

## *3. Techniques*

### Escapes

Side Control - Shrimp to Guard  
Mount - Bridge and Roll  
Rear Mount - Shrimp over the Leg

### Guard Passes

Cross Knee Pass from Knees  
Double Underhook Pass from Knees

### Guard

Hip Bump Sweep  
Scissors Sweep  
Flower Sweep  
Armbar from Guard  
Kimura from Guard  
Triangle from Guard