















## BRAZILIAN JIU-JITSU

### Blue Belt to 1-Stripe Blue Belt








#### Intermediate Chokes

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Same Side Lapel to Cross Choke from Guard		224
Double Lapel Choke from Back		266
Arm Triangle Choke from Guard		107
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## BRAZILIAN JIU-JITSU

### 1-Stripe Blue Belt to 2-Stripe Blue Belt

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#### Takedowns

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## BRAZILIAN JIU-JITSU

### 2-Stripe Blue Belt to 3-Stripe Blue Belt

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## BRAZILIAN JIU-JITSU

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***\*\* 4-Stripe Blue Belt to Purple Belt is Based on a  
Comprehensive Examination of All Prior Material. \*\****