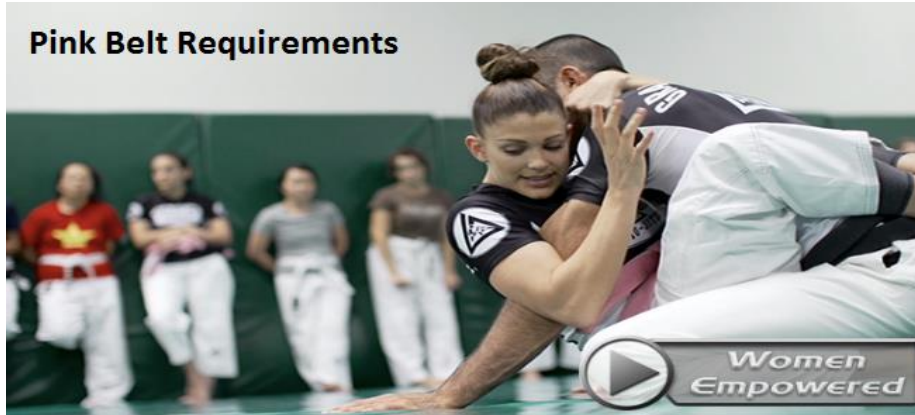


## Pink Belt Requirements



1. Combat Base
  - a. Base Get-up
  - b. Push Base
  - c. Pull Base
2. Wrist Releases

Note: Add the Super Slap to all variations.

  - a. Standard Grip – 1 on 1
  - b. Standard Grip – 2 on 1
  - c. Standard Grip – 2 on 2
  - d. Inverted Grip – 1 on 1
  - e. Inverted Grip – 2 on 1
  - f. Inverted Grip – 2 on 2
  - g. Inverted Grip – Low
3. Front Choke Defenses
  - a. Standard Variation
  - b. Wall Pin Variation
4. Stop-Block-Frame
  - a. Distance Control
  - b. Block and Move
  - c. Block and Frame
5. Guillotine Choke
  - a. Standing Variation
  - b. Guard Pull Variation
  - c. Punch Protection
6. Rear Attack Defenses
  - a. Rear Choke Defense
  - b. Rear Bear Hug Defense
7. Hair Grab Defenses
  - a. Standing Variation
8. Trap and Roll Escape
  - a. Standard Variation
  - b. Punch Block Variation
  - c. Spread Hand Variation
  - d. Wrist Pin Variation
  - e. Hair Grab Variation
9. Elbow Escape
  - a. Standard Variation
  - b. Heel Drag Variation
10. Guard Get-up
  - a. Standard Variation
  - b. Super Lock Variation
  - c. Punch Block Series – Stage 1
  - d. Heavy Chest Variation
  - e. Wrist Pin Variation
  - f. Choke Variation
11. Guard Submissions
  - a. Triangle Choke
  - b. Hair Grab Defense
  - c. Guillotine Choke
12. Weapon Defenses
  - a. Kimura Armlock Knife Defense
  - b. Kimura Armlock Gun Defense
  - c. Straight Armlock Knife Defense
  - d. Straight Armlock Knife Defense
13. Rear Naked Choke