



# BRAZILIAN JIU-JITSU

## WHITE BELT TO 1-STRIPE WHITE

### Fall

Simple Sit Down

8

### Positions

Side Control

22

Closed Guard

25

### Escape

Hip Escape (Shrimping)

36

### Pass

Near Knee Slid Guard Pass

206

### Submission

Americana from Side Control

58

### Requirements:

- Students must have 3-6 months of time in grade before their first test.
- BJJ White Belt



## BRAZILIAN JIU-JITSU

### 1-STRIPE WHITE BELT TO 2-STRIPE WHITE

#### Position

Mount  23

#### Escape

Bridge Escape  34

#### Transitions & Drills

Basic Rolling Drill  35

#### Sweep

Scissor Sweep  43

#### Submission

Americana from Mount  46

#### ROLLING/SPARRING

Student must roll/spar for 1 round (2 Minute round)

#### Requirements:

- Students must have 3 months time in grade from their last test.
- Mouth Guard & Case



# BRAZILIAN JIU-JITSU

## 2-STRIPE WHITE BELT TO 3-STRIPE WHITE

### Fall

Kneeling Side Fall (Left & Right)

9

### Position

Back Control

26

### Escapes

Elbow Escape from Mount

38

Side Control Escape to Knees

225

### Sweep

Bump Sweep (Sitting Rollover Sweep)

45

### Submission

Rear Naked Choke (RNC) -aka-Mata Leon

265

### ROLLING/SPARRING

Student must roll/spar for 2 rounds (2 Minutes each round)



# BRAZILIAN JIU-JITSU

## 3-STRIPE WHITE BELT TO 4-STRIPE WHITE

### Fall

Forward Roll (Standing & From Knees)



10

### Transitions & Drills

Guard Work Drill



44/37

### Pass

Far Knee Slide Guard Pass



In Class

### Escape

Cross Lapel Choke Defense From Mount #1



131

Cross Lapel Choke Defense From Mount #1



134

### Submission

Cross Lapel Choke



50

Cross Lapel Choke



53

### Requirements:

- Student must have a BJJ Gi (White Uniform, Blue Uniform or Black Uniform)



# BRAZILIAN JIU-JITSU

## 4-STRIPE WHITE TO GRAY BELT

### Fall

Backwards Roll  8

### Escapes

Back Control Escape #1  270

Back Control Escape #2  271

Kimura Defense From The Guard  96

### Passes


Single Leg Guard Pass  33

DoubleLeg Guard Pass  192

### Sweep

Back Sweep  199

### Submissions

Kimura From Side Control  59

Kimura From Guard  39

Arm Bar From Guard  40

Arm Bar From Mount  47

### ROLLING/SPARRING

Student must spar for 3 rounds (2 minutes each round)

STUDENTS MUST BE A MINIMUM OF 8 YEARS OLD TO BE PROMOTED TO GRAY BELT



## BRAZILIAN JIU-JITSU GRAY BELT TO 1-STRIPE GRAY BELT

### Position

Butterfly Guard  144

### Sweeps

Butterfly Sweep (Double Hooking Rollover Sweep)  145

Hooking Sweep  194

### Passes

Butterfly Guard Pass  158

Single Butterfly Hook Pass  159

### Escapes

Arm Bar Defense from Guard  122

Arm Bar Defense from Mount  98

Butterfly Guard Sweep  146

### ROLLING/SPARRING

Student must roll/spar for 4 rounds (2 minutes each round)

STUDENTS MUST BE A MINIMUM OF 8 YEARS OLD TO BE PROMOTED TO GRAY BELT



# BRAZILIAN JIU-JITSU

## 1-STRIPE GRAY BELT TO 2-STRIPE GRAY BELT

### Takedowns

Single Leg Takedown	<input type="checkbox"/>	68
Double Leg Takedown	<input type="checkbox"/>	70

### Escapes

Sprawl	<input type="checkbox"/>	84
(RNC) Rear Naked Choke Escape	<input type="checkbox"/>	In Class

### Pass

Double Knee Standing Guard Pass (Steering Wheel Guard Pass)	<input type="checkbox"/>	209
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### Submissions

Basic Arm Bar From Side Control	<input type="checkbox"/>	57
Back Control To Arm Bar	<input type="checkbox"/>	203

## ROLLING/SPARRING

Student must roll/spar for 5 rounds (2 minutes each round)

STUDENTS MUST BE A MINIMUM OF 8 YEARS OLD TO BE PROMOTED TO GRAY BELT



## BRAZILIAN JIU-JITSU

### 2-STRIPE GRAY BELT TO 3-STRIPE GRAY BELT

#### POSITIONS

Knee-On-Belly  24

#### Transitions & Drills

Knee-On-Belly Movement Drill  32

#### Escape

Knee-On-Belly Escape  229

#### Takedown

Cross Foot Takedown from Knees  50

#### Submissions

Near Arm Bar From Knee-On-Belly  92

Far Arm Bar From Knee-On-Belly  93

### ROLLING/SPARRING

Student must roll/spar for 3 rounds (3 minutes each round)





# BRAZILIAN JIU-JITSU

## 3-STRIPE GRAY BELT TO 4-STRIPE GRAY BELT

### Takedowns

Single Leg Takedown From Knees	<input type="checkbox"/>	67
Double Leg Takedown From Knees	<input type="checkbox"/>	69

### Escape

Guillotine Defense	<input type="checkbox"/>	100
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### Sweep

Le Grab Rollover Sweep	<input type="checkbox"/>	201
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### Submissions

Guillotine From Open Guard, Closed guard & Standing	<input type="checkbox"/>	41/In Class
Guillotine From Mount	<input type="checkbox"/>	222

## ROLLING/SPARRING

Student must roll/spar for 4 rounds (3 minutes each round)



# BRAZILIAN JIU-JITSU

## 4-STRIPE GRAY BELT TO YELLOW BELT

### Position

Half Guard  110

### TRANSITIONS

Half Guard To Back  119

### Passes

Basic Half Guard Pass  112

Switch Sides Half Guard Pass  212

Half Guard To Side Control Guard Pass  117

### Escapes

Knee-On-Belly Escape To Half Guard  230

### ROLLING/SPARRING

Student must roll/spar for 4 rounds (4 minutes each round) and roll with an instructor.

STUDENTS MUST BE A MINIMUM OF 9 YEARS OLD TO BE PROMOTED TO YELLOW BELT



## BRAZILIAN JIU-JITSU YELLOW BELT TO 1-STRIPE YELLOW BELT

### Sweep

Front Sweep

245

### Escape

Triangle Defense

101

### Submissions

Triangle Choke From Guard

42

Bow & Arrow Choke From Back Control

267

Cross Lapel Choke From Back Control

266

## 1-STRIPE YELLOW BELT TO 2-STRIPE YELLOW BELT

### Position

Side Mount

234

### Takedowns

Bear Hug Takedown

248

### Submissions

Half Nelson Choke From Side Mount

217

Half Nelson Choke From Back Control

In Class

Side Mount Kimura (Sitting On Head) Variation

279



## BRAZILIAN JIU-JITSU

### 2-STRIPE YELLOW BELT TO 3-STRIPE YELLOW BELT

#### Transitions & Drills

Head To Head Sit Through

19

#### Sweep

Omplata Sweep

347

#### Escape

Omplata Escape

In Class

#### Pass

Collar Grab Pressure Pass

184

#### Submission

Omplata From The Guard

95

### 3-STRIPE YELLOW BELT TO 4-STRIPE YELLOW BELT

#### Transitions & Drills

Mouse Trap Drill (Americana, Straight Arm Bar, Kimura)

In Class

Triangle To Arm Bar From Guard

102

Triangle To Omplata From Guard

42/95

#### Sweep

Windmill Sweep

109



# BRAZILIAN JIU-JITSU

## 4-STRIPE YELLOW BELT TO ORANGE BELT

### TRANSITIONS

Turtle Guard



334

### Transitions & Drills

Turtle To Back Control



335

Turtle To Back Control, Then Flatten



In Class

Arm Drag To Back Control



152

### Submissions

Clock Choke From Turtle Control



344

Single Lapel Choke From Turtle Control



337

## ROLLING/SPARRING

Student must roll/spar for 5 rounds (3 minutes each round) and roll with 2 instructors.

STUDENTS MUST BE A MINIMUM OF 10 YEARS OLD TO BE PROMOTED TO ORANGE BELT



## BRAZILIAN JIU-JITSU ORANGE BELT TO 1-STRIPE ORANGE BELT

### Position

North-South  274

### Transitions & Drills

Mount Movement Drills  27  
Side Control to North-South  In Class

### Escape

North-South Escape  284

### Submission

North-South Choke  280  
North-South / Side Mount Kimura  279

## 1-STRIPE ORANGE BELT TO 2-STRIPE ORANGE BELT

### Takedown

Tomoaenge From Standing  245

### Transitions & Drills

Pulling Guard From Standing  In Class

### Sweep

Tripod Sweep  204

### Submission

Bread Cutter Choke From Side Control  346



## BRAZILIAN JIU-JITSU

### 2-STRIPE ORANGE BELT TO 3-STRIPE ORANGE BELT

#### Transitions & Drills

Ankel Pick From Standing

77

Ankel Pick From Knee

78

#### Sweep

Open Guard Reap Sweep

205

#### Submissions

Ezekiel Choke From Mount

116

Arm Cuff Choke From Mount

48

### 3-STRIPE ORANGE BELT TO 4-STRIPE ORANGE BELT

#### Position

Spider Guard

356

#### Sweeps

Flower Sweep

143

Arm Trapped Windmill Sweep

253

#### Passes

Spider Guard Pass

356

Knee Jump To Mount Pass

In Class

Open Guard Leg Toss Pass

In Class

#### Submissions

Triangle Choke From Spider Guard

359

Arm Triangle Choke From Guard

107

Arm Triangle Choke From Mount

55



## BRAZILIAN JIU-JITSU


### 4-STRIPE ORANGE BELT TO GREEN BELT

#### Position

Kesa Gatame with Under Hook  310

#### Escape

Rolling Kesa Gatame Escape  317

Escape Kesa Gatame To Back Control  315

#### Pass

Marco Guard Pass (Table Top Guard Pass)  200

#### Submission

Near Arm Bar From Kesa Gatame  312

Americana From Kesa Gatame  311

Arm Triangle From Kesa Gatame  313

## ROLLING/SPARRING

Student must roll/spar for 4 rounds (4 minutes each round) and roll with 2 instructors.

**STUDENTS MUST BE A MINIMUM OF 13 YEARS OLD TO BE PROMOTED TO GREEN BELT**

If student is 14 years old, they must move up to White Belt Club Class Thursdays @ 7:30 pm





## BRAZILIAN JIU-JITSU GREEN BELT TO 1-STRIPE GREEN BELT

### Takedowns

O-Gohi  75

### Self-Defenses

Straight Punch Defense  80

Hook Punch Defense  In Class

### Transitions & Drills

Pulling Guard Into Sweep  In Class

### Submission

Cape Choke  49

## 1-STRIPE GREEN BELT TO 2-STRIPE GREEN BELT

### Takedowns

O-Soto Gari  66

Fireman's Carry  74

### Self-Defense

Front Head Lock Defense  86

### Transitions & Drills

Arm Bar To Omoplata  40/95

### Submission

D'Arce Choke From Side Control  226



## BRAZILIAN JIU-JITSU

### 2-STRIPE GREEN BELT TO 3-STRIPE GREEN BELT

#### Takedown

Uchi Mata  251

#### Self-Defense

Side Head Lock Defense  In Class

#### Escape

North-South Escape (Hop Over To Back Control)  287

#### Submissions

North-South to Arm Bar  276

Anaconda Choke  281

### 3-STRIPE GREEN BELT TO 4-STRIPE GREEN BELT

#### Takedowns

Ippon Seo Nagi  88

#### Self-Defense

Bear Hug Defense  In Class

#### Submissions

Straight Ankle Lock  293

Baseball Choke From Guard  51

Baseball Choke From Mount  52

#### ROLLING/SPARRING

Student must roll/spar for 5 rounds (4 minutes each round) and roll with 2 instructors.

**If students are 14yrs old, they must move up to White Belt Club Class  
held Thursdays @ 7:30 pm**



## BRAZILIAN JIU-JITSU 4-STRIPE GREEN BELT TO BLUE BELT

### Requirements:

- If students are at least 14 years old, they must move up to *White Belt Club Class*, which is held on Thursdays @ 7:30 pm.
- Students at 4-Stripe Green Belt and 16 years old MUST TEST WITH ADULTS to be promoted to Blue Belt. (16 is the minimum age for a Blue Belt)
- Student must have at least one formal uniform for testing. This is a gi with a large Plus One back patch on it. (Testing is held biannually.)

### Techniques

Students will be asked to perform random guard passes, sweeps, escapes and submissions from different positions.

Students will be asked to perform different rolls, break falls, takedowns, throws and self-defenses.

Students will have to demonstrate FLOW ROLLING during the test.