



BRAZILIAN JIUJITSU

WHITE BELT TO BLUE BELT

Level 1 - Positions, Transitions, Sweeps & Drills

Positions

Side Control	<input type="checkbox"/>
Front Control	<input type="checkbox"/>
Mount	<input type="checkbox"/>
Kneeride	<input type="checkbox"/>
Side Mount	<input type="checkbox"/>
Guard	<input type="checkbox"/>

Transitions

		<u>Reps.</u>
Single Leg Guard Pass	<input type="checkbox"/>	300
Single Leg Takedown From Knees	<input type="checkbox"/>	300
Double Leg Takedown From Knees	<input type="checkbox"/>	300
Bridging Escape	<input type="checkbox"/>	300
Hip Escape	<input type="checkbox"/>	300

Sweeps

Scissor Sweep	<input type="checkbox"/>	300
Hooking Sweep	<input type="checkbox"/>	300
Back Sweep	<input type="checkbox"/>	300
Front Sweep	<input type="checkbox"/>	300

Drills

Top Control Drill	<input type="checkbox"/>	60
Mount To Back Drill	<input type="checkbox"/>	60
Basic Circuit Drill	<input type="checkbox"/>	60
Guardwork Drill	<input type="checkbox"/>	60
Kneeride Drill	<input type="checkbox"/>	60



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Level 2- Armbars, Armlocks & Chokes

<u>Armbars</u>		<u>Reps.</u>
Armbar From Mount	<input type="checkbox"/>	300
Near Armbar From Kneeride	<input type="checkbox"/>	300
Far Armbar From Kneeride	<input type="checkbox"/>	300
Armbar From Guard	<input type="checkbox"/>	300
 <u>Armlocks</u>		
Figure 4 Armlock From Mount	<input type="checkbox"/>	300
Lower Figure 4 Armlock	<input type="checkbox"/>	300
Figure 4 Armlock From Front Control	<input type="checkbox"/>	300
Figure 4 Armlock from Guard	<input type="checkbox"/>	300
 <u>Chokes</u>		
Cross Lapel Choke From Guard	<input type="checkbox"/>	300
Front Choke From Guard	<input type="checkbox"/>	300
Lapel Half-Nelson Choke	<input type="checkbox"/>	300
Back Choke	<input type="checkbox"/>	300



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Level 3- Sweeps, Passes, Escapes & Sparring

<u>Sweeps</u>		<u>Reps.</u>
Leg Grab Rollover Sweep	<input type="checkbox"/>	300
Double Hooking Sweep	<input type="checkbox"/>	300
Sitting Rollover Sweep	<input type="checkbox"/>	300
Butterfly Sweep	<input type="checkbox"/>	300
Open Guard Hook Sweep	<input type="checkbox"/>	300
Open Guard Reap Sweep	<input type="checkbox"/>	300
 <u>Passes</u>		
Standing Guard Pass	<input type="checkbox"/>	300
Double Knee Standing Pass	<input type="checkbox"/>	300
Double Leg Pass	<input type="checkbox"/>	300
Basic Half-Guard Pass	<input type="checkbox"/>	300
 <u>Escapes</u>		
Elbow Escape From Mount	<input type="checkbox"/>	300
Side Control Escape to Knees	<input type="checkbox"/>	300
Kneeride Escape	<input type="checkbox"/>	300
Headlock Escape to Back	<input type="checkbox"/>	300
Headlock Escape to Knees	<input type="checkbox"/>	300
Rolling Headlock Escape	<input type="checkbox"/>	300
 <u>Sparring</u>		
Mat Hours (not including rest periods)	<input type="checkbox"/>	50 hours

Required Equipment: Kimono Pants/Top, Atama Rashguard, Mouthpiece,
(Males must have a groin cup).



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Level 4/5- Intermediate Chokes, Armbars, & Takedowns

Intermediate Chokes

		<u>Reps.</u>
Triangle Choke	<input type="checkbox"/>	300
Double Lapel Choke	<input type="checkbox"/>	300
Forearm Choke	<input type="checkbox"/>	300
Head/Arm Choke	<input type="checkbox"/>	300
Spinning Choke	<input type="checkbox"/>	300
Clock Choke	<input type="checkbox"/>	300

Intermediate Armbars

Armbars From Head to Head	<input type="checkbox"/>	300
Crucifix Start To Armbars	<input type="checkbox"/>	300
Collar-Roll Armbars	<input type="checkbox"/>	300
Rolling Armbars From Back Control	<input type="checkbox"/>	300
Spin Under Armbars	<input type="checkbox"/>	300
Armbars From Front Sweep	<input type="checkbox"/>	300

Takedowns

Rolls And Falls	<input type="checkbox"/>	300
Ankle Shoot Takedown	<input type="checkbox"/>	300
Single Leg Takedown	<input type="checkbox"/>	300
Double Leg Takedown	<input type="checkbox"/>	300
Bearhug Takedown	<input type="checkbox"/>	300
Go Behind Spin Takedown	<input type="checkbox"/>	300
Fireman's Carry	<input type="checkbox"/>	300
Shoulder Throw	<input type="checkbox"/>	300
Hip Throw	<input type="checkbox"/>	300
Outer Leg Reap	<input type="checkbox"/>	300
Foot In Stomach Throw	<input type="checkbox"/>	300



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Level 6/7- Advanced Passes, Escapes, & Sweeps

<u>Advanced Passes</u>		<u>Reps.</u>
Switchover Half-Guard Pass	<input type="checkbox"/>	300
Knee-Through Pass	<input type="checkbox"/>	300
Cross Knee-Through Pass	<input type="checkbox"/>	300
Shoulder Control Pass	<input type="checkbox"/>	300
Hip/Shoulder Control Pass	<input type="checkbox"/>	300
Overhook Leg Control Pass	<input type="checkbox"/>	300
 <u>Advanced Escapes</u>		
Front Control Crossover Escape	<input type="checkbox"/>	300
Switchbase Side Control Escape	<input type="checkbox"/>	300
Side-Back Control Rolling Escape	<input type="checkbox"/>	300
Back Control Escape	<input type="checkbox"/>	300
Sidemount Escape	<input type="checkbox"/>	300
Head-To-Head Switchbase Escape	<input type="checkbox"/>	300
 <u>Advanced Sweeps</u>		
Hook And Leg-Lift Sweep	<input type="checkbox"/>	300
Advanced Leg Grab Rollover Sweep	<input type="checkbox"/>	300
Outside Hook Sweep	<input type="checkbox"/>	300
Foot In Bicep Sweep	<input type="checkbox"/>	300
Reverse Scissors Sweep	<input type="checkbox"/>	300
Reverse Hooking Sweep	<input type="checkbox"/>	300
Underhook Leg-Split Sweep	<input type="checkbox"/>	300
Collar Roll Half-Guard Sweep	<input type="checkbox"/>	300



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Level 8/9- *Advanced Chokes, Armbars, Footlocks, Legbars, And Armlocks*

<u>Advanced Chokes</u>		<u>Reps.</u>
Single Wing Choke	<input type="checkbox"/>	300
Cuff Choke	<input type="checkbox"/>	300
Rolling Lapel Choke	<input type="checkbox"/>	300
Rolling T Choke	<input type="checkbox"/>	300
Crucifix Near Collar Choke	<input type="checkbox"/>	300
Crucifix Far Collar Choke	<input type="checkbox"/>	300
<u>Advanced Armbars</u>		
Snap Armbar From Side Control	<input type="checkbox"/>	300
Step-Over Armbar From Switchbase Side Control	<input type="checkbox"/>	300
Head Drive Armbar From Front Control	<input type="checkbox"/>	300
Cutting Armbar From Kneeride	<input type="checkbox"/>	300
Cutting Armbar From Side Control	<input type="checkbox"/>	300
Cutting Armbar From Guard	<input type="checkbox"/>	300
<u>Footlocks</u>		
Footlock	<input type="checkbox"/>	300
Heel Hook	<input type="checkbox"/>	300
Rearward Footlock	<input type="checkbox"/>	300
Cross-Ankle Lock	<input type="checkbox"/>	300
<u>Legbars</u>		
Step-Through Legbar	<input type="checkbox"/>	300
Knee-Through Legbar From Side Control	<input type="checkbox"/>	300
Rolling Legbar	<input type="checkbox"/>	300
Legbar From Guard	<input type="checkbox"/>	300
<u>Advanced Armlocks</u>		
Leg-Driven Armlock From Guard	<input type="checkbox"/>	300
Leg-Driven Armlock As Counter To Single Leg Takedown	<input type="checkbox"/>	300
Leg-Driven Armlock From Side Back Control	<input type="checkbox"/>	300
Leg-Driven Armlock From Headlock Control	<input type="checkbox"/>	300
<u>Mat Hours</u> (not including rest periods)	<input type="checkbox"/>	100 hours



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PURPLE BELT TO BROWN BELT

Level 10- *Advanced Positions, Transitions, and Submissions*
All repetitions are at the standard levels.

Basics

1. Pants Guard Pass
2. Arm Cuff Choke
3. Cape Choke
4. Baseball Choke from Guard
5. Lapel Grip Release
6. Same Side Wrist Grab Release
7. Opposing Side Wrist Grab Release
8. Two Handed Wrist Grab Release
9. Both Hand Release from Wrist Grab
10. Single Leg Take Down (Starting from Standing)
11. Double Leg Take Down (Starting from Standing)
12. Hip Check to Knee on Belly Position
13. Ankle Pick from the Knees (Opposite Side)
14. Ankle Pick from Standing (Opposite Side)
15. Circling Ankle Pick Takedown
16. Ankle Pick Takedown from Knees (Same Side)
17. Double Ankle Pick
18. Sleeper Takedown
19. Armbar Takedown
20. Standing Guillotine Defense to Takedown
21. Gelinhas Double Lapel Throw
22. Jumping Guard

In-Depth with the Guard and the $\frac{1}{2}$ Guard

23. Gi Grab to Wrist Flex
24. Gi Grab to Sankyo
25. Baseball Choke from Knee on Belly



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26. Guard- Kimura Defense
27. Guard- Kimura Defense to Omo Plata
28. Guard- Arm Bar Defense
29. Guard- Guillotine Defense
30. Guard- Triangle Choke Defense
31. Guard- Arm Bar off the Triangle Choke Defense
32. Scissor & Reverse Scissor Sweep Defense
33. X-Sweep from Scissor Sweep Defense
34. X-Sweep from Scissor Sweep Defense to Knee Bar
35. Arm Triangle from Guard
36. Arm Triangle Transition to Sweep
37. Chicken Wing Control from $\frac{1}{2}$ Guard
38. Chicken Wing Choke from $\frac{1}{2}$ Guard
39. Rolling Kimura from $\frac{1}{2}$ Guard
40. $\frac{1}{2}$ Butterfly Sweep from inside $\frac{1}{2}$ Guard
41. Transition to Back from inside $\frac{1}{2}$ Guard
42. Whizzer Counter to Back Take from $\frac{1}{2}$ Guard

(Submissions, S-Mount Basics, and Butterfly Guard Basics)

43. Ankle Sweep from inside $\frac{1}{2}$ Guard
44. Common Arm Bar Defense When in Mount
45. Switching to the Triangle when Arm Bar Defense Occurs
46. Finishing the Arm Bar from the Grip Defense from Mount (option #1)
47. Finishing the Arm Bar from the Grip Defense from Mount (option #2)
48. S-Mount
49. Rolling Omo Plata from S-Mount
50. Gogo Plata from Mount
51. Ninja Choke from Mount
52. Armless Triangle from Mount
53. Cross-Choke Defense from Mount (option #1)
54. Cross-Choke Defense from Mount (option #2)
55. Gogo Plata from Guard
56. Cross-Choke Defense from Guard (option #1)
57. Cross-Choke Defense from Guard (option #2)



BRAZILIAN JIUJITSU PURPLE BELT TO BROWN BELT

58. Lapel-Over Cross Choke when in Guard
59. Controlling the Arm with the Gi from Guard
60. Arm Bar from Gi Control with the Guard
61. Reverse Motion to S-Mount from Knee on Belly
62. S-Mount Transition to Armless Triangle
63. The Neckle
64. Americana from Inside Guard
65. Butterfly Guard
66. Defense to Butterfly Rollover Sweep
67. Chicken Wing Control in $\frac{1}{2}$ Guard to Americana
68. Arm Bar from $\frac{1}{2}$ Guard (top)
69. Knee to Sternum Submission from Butterfly Guard
70. Reverse $\frac{1}{2}$ Butterfly Sweep

(Butterfly Guard, X-Guard, and Lockdown)

71. Arm Drag to Back from Butterfly Guard
72. Omo Plata from Butterfly Guard
73. Americana from Butterfly Guard
74. Tomoe nage from Butterfly Guard
75. Passing the Butterfly Guard (Jump Pass)
76. Passing the Butterfly Guard (Isolating the Leg)
77. Butterfly Guard to X-Guard
78. X-Guard Sweep Backward
79. X-Guard Sweep Forward
80. X-Guard Sweep to the Side
81. X-Guard to Hamstring Slicer
82. X-Guard to Toe Lock
83. X-Guard to Straight Ankle Lock
84. X-Guard to Heel Hook
85. Scissor Sweep Defense from Guard to Straight Ankle Lock
86. X-Guard to Back
87. X-Guard to Knee Bar
88. Heel Hook Defense (Standing)
89. Heel Hook Defense (Pulling Away)



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90. Knee Bar Defense (Pushing Away)
91. Lockdown position (Inside and Outside)
92. Lockdown to Electric Chair
93. Defense to Lockdown (Possible Submission)
94. Defense to Lockdown (Pressure Release)
95. Lockdown to Extension to $\frac{1}{2}$ Butterfly
96. $\frac{1}{2}$ Guard to Knee Bar (Bottom)
97. $\frac{1}{2}$ Guard to Knee Bar (Top)

(Sweeps, Passes, and More Submissions)

98. $\frac{1}{2}$ Guard to Rollover Knee Bar
99. $\frac{1}{2}$ Guard to Leg Rolling Sweep
100. Collar Pressure Guard Pass
101. Electric Chair to Toe Hold
102. Electric Chair to Hamstring Slicer
103. Ferrari Guard Pass
104. Bicep Slicer from Guard
105. Ninja Choke from Guard
106. Arm Drag to Sweep from Butterfly Guard
107. Arm Drag to D'Arce Choke from Butterfly Guard
108. Hip Control Open Guard Position
109. Hip Control Bump Sweep
110. Omo Plata from Hip Control
111. Tabletop Guard Pass
112. Grip Release from Belt Grab
113. Open Guard to Rolling Toe Hold
114. Can Opener From Guard
115. Can Opener from Side Control
116. Switch Side $\frac{1}{2}$ Guard Pass



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(Lapel Control, Escapes, and Basic Triple Threat)

117. Side Control Escape to Far Arm Bar
118. Side Control Escape to Near Arm Bar
119. Reverse Triangle from Flower Sweep Start
120. Lapel Control to Modified Cross Choke
121. $\frac{1}{2}$ Lapel Choke from Guard
122. Lapel Grabbing Guillotine (One Armed Guillotine)
123. Guillotine From Mount
124. Arm in Guillotine from Guard
125. Guillotine from $\frac{1}{2}$ Guard
126. Same Side Lapel Control Setup to Cross Choke From Guard
127. D'Arce Choke Counter to Side Control Escape
128. Leg Cross Escape from Mount
129. Knee on Belly Escape to $\frac{1}{2}$ Guard
130. Knee on Belly Escape to the Side
131. Jump Through to Side Control from the Knees
132. Tabletop Guard Pass Counter
133. Side Mount Position
134. Triple Threat from Side Mount
135. Triple Threat Choke
136. Triple Threat Kimura
137. Triple Threat Neck Crank
138. Triple Threat Arm Bar
139. Side Mount Leg Choke
140. Same Side Reverse Wrist Flex from Standing
141. Wrist Flex from Lapel Grab
142. Short Arm Scissor From Mount / Attempted Arm Bar



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(More Takedowns, $\frac{1}{2}$ Guard, Back Work, and Submissions)

143. Tai Otoshi
144. Windmill Takedown Counter to Tabletop Guard Pass
145. Inside Knee Takedown
146. Inside Leg Hook Takedown
147. Uchi Mata
148. Tawara Gaeshi
149. Deashi Harai
150. Arm Drag to Back from Guard
151. Lapel Control Ferrari Pass
152. Switch Base Guard Pass
153. Banana Peel Sweep from $\frac{1}{2}$ Guard
154. Triple Threat Position from $\frac{1}{2}$ Guard
155. Triple Threat from $\frac{1}{2}$ Guard- Takedown to Back Control
156. Triple Threat from $\frac{1}{2}$ Guard to Knee Bar
157. Triple Threat from $\frac{1}{2}$ Guard to Rolling Takedown
158. Bow and Arrow Choke
159. Ankle Lock Submission when in Back Control
160. Knee Bar Counter to Tabletop Guard Pass
161. Wrist Lock from Guard

(North-South Work, Basic Leg Locks, De La Riva Guard)

162. Taking the Back from North -South Position
163. North-South to Kimura in Side Mount
164. North-South to Grounded Kimura
165. North-South to Strong Kimura
166. North-South Brunami Choke
167. Anaconda Choke from North-South
168. Cross-Choke from North-South (top)
169. Cross-Choke from North-South (bottom)
170. North-South Escape (Hop Over to the Back)
171. North-South Escape (Legs into Armpits)
172. North-South Escape to Knee Bar
173. North-South Escape to Toe Lock



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- 174. Reverse Triangle Choke When in North-South
- 175. Wrist and Arm Choke When in North-South
- 176. Rolling Toe Lock from Open Guard
- 177. Toe Lock from Foot on Hip in Open Guard
- 178. Heel Hook from Open Guard (Bottom)
- 179. De La Riva Guard
- 180. De La Riva Guard to Back Control
- 181. Hamstring Slicer Counter to De La Riva Guard
- 182. Side Control to Knee Bar (w/ Leg Initiating)
- 183. Side Control to Knee Bar (w/ Hand Initiating)
- 184. Side Control to Mount Defense (Leg Up #1 and Leg Up #2)

(Side Control Work, Kesa Gatame, In-Step Guard, S-Mount, & High Guard)

- 185. Side Control to Mount Defense Counter to Leg Up #1 (to Mount)
- 186. Side Control to Mount Defense Counter to Leg Up #2 (to Mount)
- 187. Side Control to Mount Defense- Counter (Toe Lock)
- 188. Americana from Inside Side Control
- 189. Side Control to Reverse Americana
- 190. Kesa Gatame Position (Option#1 & Option #2)
- 191. Americana from Kesa Gatame
- 192. Arm Bar from Kasakatmi
- 193. Arm Triangle from Kesa Gatame
- 194. Rollover Knee Bar from Kesa Gatame
- 195. Escape #4 from Kesa Gatame to Arm Bar
- 196. Instep Guard
- 197. Instep Guard to Rolling Takedown
- 198. Instep Guard to Opposite Knee Bar
- 199. Instep Guard to Toe Lock
- 200. Instep Guard to Back Control
- 201. Instep Guard to X-Guard
- 202. Instep Guard to Hamstring Slicer
- 203. Knee on Belly to S-Mount (Step Through)
- 204. S-Mount to Arm Bar
- 205. S-Mount to Armless Triangle (Collar Grab Variation)



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- 206. High Guard Position
- 207. High Guard to Arm Bar
- 208. High Guard to Double Arm Bar
- 209. High Guard to Triangle

(Turtle Work, Crucifix Position, Niño Guard, and Spider Guard)

- 210. Taking the Back from Turtle Position
- 211. Sit Out Escape from Turtle Position
- 212. Calf Slicer from Turtle Start
- 213. Omo Plata Sweep from Guard to Side Control
- 214. Niño Guard
- 215. Niño Guard to Omo Plata
- 216. Niño Guard to Arm Bar
- 217. Niño Guard to Triangle
- 218. Jump Guard to Arm Bar
- 219. Wrist Lock from Omo Plata Position
- 220. Wrist Lock From Mount
- 221. Calf Slicer from $\frac{1}{2}$ Guard
- 222. Spider Guard
- 223. Spider Guard to Arm Bar (Option #1)
- 224. Spider Guard to Arm Bar (Option #2)
- 225. Spider Guard to Triangle
- 226. Passing the Spider Guard (Option #1)
- 227. Passing the Spider Guard (Option #2)
- 228. Spider Guard to Omo Plata
- 229. Spider Guard to Bicep Slicer
- 230. Spider Guard to Spinning Omo Plata
- 231. Spider Guard to Back Control

Mat Hours (not including rest periods)



200 hours

Required Equipment: At least three high quality uniforms that are in good condition.