



BRAZILIAN JIU-JITSU

YOUTH WHITE BELT TO 1-STRIPE WHITE BELT

<u>Movement</u>		<u>Page</u>
Simple Sit Down (Rear Break Fall)	<input type="text"/>	(8)
Stand-Up On Base	<input type="text"/>	(12)
Kneeling Side Fall/Roll	<input type="text"/>	(9)
Shrimping	<input type="text"/>	(36)
<u>Positions</u>		
Side Control	<input type="text"/>	(25)
Closed Guard	<input type="text"/>	(22)
<u>Transitions</u>		
Hip Escape From Side Control	<input type="text"/>	(37)
Knee Slide Guard Pass	<input type="text"/>	(206)
<u>Submissions</u>		
Americana From Side Control	<input type="text"/>	(58)
<u>Drills</u>		
Guardwork Drill	<input type="text"/>	(206/37)

Requirements

Brazilian Jiu-Jitsu Uniform
Brazilian Jiu-Jitsu White Belt



BRAZILIAN JIU-JITSU

YOUTH 1-STRIPE WHITE BELT TO 2-STRIPE WHITE BELT

<u>Movement</u>		<u>Page</u>
Forward Roll From Knees	<input type="text"/>	(10)
<u>Positions</u>		
Mount	<input type="text"/>	(23)
<u>Transitions</u>		
Side Control To Mount	<input type="text"/>	(35)
Bridging Escape From Mount	<input type="text"/>	(34)
Bump Sweep (Sitting Rollover Sweep)	<input type="text"/>	(45)
<u>Submissions</u>		
Americana From Mount	<input type="text"/>	(46)
Kimura From Guard	<input type="text"/>	(39)
<u>Defenses</u>		
Kimura From Guard Defense	<input type="text"/>	(96)
<u>Drills</u>		
Mount Movement Exercise	<input type="text"/>	(27)

Requirements

Student must complete 1 round of rolling (2 minute round)
Mouth Guard & Case



BRAZILIAN JIU-JITSU

YOUTH 2-STRIPE WHITE BELT TO 3-STRIPE WHITE BELT

Movement

Rear Roll	<input type="text"/>	(8)
Take-Down Shots	<input type="text"/>	(In Class)

Positions

Seated Back Control	<input type="text"/>	(26)
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Transitions

Side Control Escape To Knees	<input type="text"/>	(225)
Arm Drag To Seated Back Control	<input type="text"/>	(152)
Escape From Seated Back Control	<input type="text"/>	(271)

Submissions

Rear Naked Choke (Mata Leon) From Seated Back Control	<input type="text"/>	(265)
Double Lapel Choke From Seated Back Control	<input type="text"/>	(266)

Defenses

Rear Naked Choke Defense	<input type="text"/>	(271)
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Requirements

Student must complete 2 rounds of rolling (2 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 3-STRIPE WHITE BELT TO 4-STRIPE WHITE BELT

<u>Movement</u>		<u>Page</u>
Forward Roll From Standing	<input type="text"/>	(10)
<u>Transitions</u>		
Scissor Sweep	<input type="text"/>	(43)
Elbow Escape From Mount	<input type="text"/>	(38)
Switch Base Guard Pass	<input type="text"/>	(207)
<u>Submissions</u>		
Armbar From Closed Guard	<input type="text"/>	(40)
Armbar From Mount	<input type="text"/>	(47)
<u>Defenses</u>		
Defense Against The Armbar From Closed Guard	<input type="text"/>	(98)
Defense Against The Armbar From Mount	<input type="text"/>	(In Class)
<u>Drills</u>		
Basic Rolling Drill	<input type="text"/>	(35)

Requirements

Student must complete 2 rounds of rolling (2 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 4-STRIPE WHITE BELT TO GRAY BELT

Transitions

		<u>Page</u>
Single Leg Guard Pass	<input type="text"/>	(33)
Double Leg Guard Pass	<input type="text"/>	(92)
Hooking Sweep	<input type="text"/>	(194)

Submissions

Cross Lapel Choke From Closed Guard	<input type="text"/>	(50)
Cross Lapel Choke From Mount	<input type="text"/>	(53)
Kimura From Side Control	<input type="text"/>	(59)
Far Side Armbar From Side Control	<input type="text"/>	(57)

Defenses

Defense Against The Cross Lapel Choke From Closed Guard	<input type="text"/>	(134)
Defense Against The Cross Lapel Choke From Mount	<input type="text"/>	(131)

Requirements

Student must complete 3 rounds of rolling (2 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH GRAY BELT TO 1-STRIPE GRAY BELT

<u>Positions</u>		<u>Page</u>
Butterfly Guard	<input type="text"/>	(144)
<u>Transitions</u>		
Double Hooking Sweep (Butterfly Rollover Sweep)	<input type="text"/>	(145)
Butterfly Guard Pass	<input type="text"/>	(158)
Single Butterfly Hook Pass	<input type="text"/>	(159)
<u>Submissions</u>		
Guillotine from Standing, Kneeling, Open Guard, Closed Guard	<input type="text"/>	(41)
<u>Defenses</u>		
Guillotine Defense	<input type="text"/>	(100)

Requirements

Student must complete 2 rounds of rolling (3 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 1-STRIPE GRAY BELT TO 2-STRIPE GRAY BELT

<u>Positions</u>		<u>Page</u>
Knee-On-Belly	<input type="text"/>	(24)
 <u>Transitions</u>		
Knee-On-Belly Movement Drill	<input type="text"/>	(32)
Knee-On-Belly Escape	<input type="text"/>	(231)
 <u>Submissions</u>		
Near Armbar From Knee-On-Belly	<input type="text"/>	(92)
Far Armbar From Knee-On-Belly	<input type="text"/>	(93)

Requirements

Student must complete 2 rounds of rolling (3 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 2-STRIPE GRAY BELT TO 3-STRIPE GRAY BELT

<u>Movement</u>		<u>Page</u>
Head-To-Head Sit-Through	<input type="text"/>	(19)
<u>Positions</u>		
Side Mount (S-Mount)	<input type="text"/>	(234)
<u>Transitions</u>		
Leg Grab Rollover Sweep	<input type="text"/>	(201)
<u>Submissions</u>		
Lapel Half-Nelson Choke From Side Mount	<input type="text"/>	(217)
Bow and Arrow Choke From Seated Back Control	<input type="text"/>	(267)

Requirements

Student must complete 3 rounds of rolling (3 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 3-STRIPE GRAY BELT TO 4-STRIPE GRAY BELT

Positions

Half Guard
Open Guard

Page

(110/111)
(In Class)

Transitions

Basic Half Guard Pass
Switch Base Half Guard Pass
Steering Wheel Open Guard Pass

(112)
(212)
(209)

Submissions

Arm Triangle From Mount

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(55)

Requirements

Student must complete 3 rounds of rolling (3 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 4-STRIPE GRAY BELT TO YELLOW BELT

Transitions

Tabletop Guard Pass

Page

(200)

Submissions

Triangle From Closed Guard

(42)

Triangle To Armbar

(102)

Defenses

Triangle Defense

(101)

Drills

Swimming (Pummeling)

(In Class)

Requirements

Student must complete 4 rounds of rolling (3 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH YELLOW BELT TO 1-STRIPE YELLOW BELT

Positions

Kesa-Gatame

Page

(344)

Transitions

Escape From Kesa-Gatame

(316)

Rolling Escape From Kesa-Gatame

(317)

Sit-Up Escape From Kesa-Gatame

(In Class)

Submissions

Near Armbar From Kesa-Gatame

(312)

Americana From Kesa-Gatame

(311)

Arm Triangle From Kesa-Gatame

(313)

Requirements

Student must complete 4 rounds of rolling (3 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 1-STRIPE YELLOW BELT TO 2-STRIPE YELLOW BELT

Movement

Turtle Movement Drill

Page

(In Class)

Positions

Turtle (Side Turtle, Full Turtle, North South Turtle)

(334/In Class)

Transitions

Side Control Escape To North South Turtle

(225/In Class)

Turtle To Seated Back Control

(335)

Escape From Full Turtle

(270)

Escape From Side Turtle

(336)

Escape From North South Turtle

(19/In Class)

Requirements

Student must complete 4 rounds of rolling (3 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 2-STRIPE YELLOW BELT TO 3-STRIPE YELLOW BELT

Movement

Reverse Shrimping

Page

(In Class)

Submissions

Clock Choke From Side Turtle

(344)

Single Lapel Choke (Lawnmower Choke) From Side Turtle

(337)

Rear Naked Choke From Full Turtle

(In Class)

Guillotine From North South Turtle

(In Class)

Requirements

Student must complete 4 rounds of rolling (3 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 3-STRIPE YELLOW BELT TO 4-STRIPE YELLOW BELT

Positions

North South

Page

(274)

Transitions

Side Control To North South

(In Class)

North South Escape

(284)

Submissions

North South Choke

(280)

Kimura From North South

(279)

North South To Ambar

(276)

Requirements

Student must complete 4 rounds of rolling (3 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 4-STRIPE YELLOW BELT TO ORANGE BELT

Transitions

Collar Pressure Guard Pass

Page

(184)

Back Sweep

(199)

Submissions

Ezekiel Choke From Mount

(116)

Bread Cutter Choke From Side Control

(346)

Armbar From Seated Back Control

(203)

Arm Triangle Choke From Guard

(107)

Requirements

Student must complete 3 rounds of rolling (4 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH ORANGE BELT TO 1-STRIPE ORANGE BELT

Positions

Short Spider Guard

Page

(143)

Transitions

Omaplata Sweep

(347)

Submissions

Omaplata From Closed Guard

(95)

Omaplata From Short Spider Guard

(In Class)

Armbar To Omaplata

(40/95)

Triangle To Omaplata

(42/95)

Requirements

Student must complete 3 rounds of rolling (4 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 1-STRIPE ORANGE BELT TO 2-STRIPE ORANGE BELT

Take-Downs

Single Leg Take-Down From Knees
Double Leg Take-Down From Knees

Page

(67)

(69)

Transitions

Flower Sweep
Windmill Sweep
Front Sweep

(143)

(109)

(245)

Submissions

Figure Four Wrist Lock From S-Mount

(In Class)

Requirements

Student must complete 3 rounds of rolling (4 minute rounds)



BRAZILIAN JIU-JITSU
YOUTH 2-STRIPE ORANGE BELT TO 3-STRIPE ORANGE BELT

Positions

Spider Guard

Page

(356)

Transitions

Basic Spider Guard Pass

(361)

Submissions

Armbar From Spider Guard

(358)

Triangle From Spider Guard

(359)

Armbar Defense To Armbar

(99)

Requirements

Student must complete 3 rounds of rolling (4 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 3-STRIPE ORANGE BELT TO 4-STRIPE ORANGE BELT

Movement

Standing Side Break Fall

Page

(In Class)

Take-Downs

Cross Ankle Pick From Knees

(72)

Cross Step To Knee-On-Belly From Knees

(71)

Cross Ankle Pick From Standing

(73)

Submissions

Lapel Over Cross Choke from Closed Guard

(136)

Same Side Lapel to Cross Choke from Closed Guard

(224)

Requirements

Student must complete 3 rounds of rolling (4 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 4-STRIPE ORANGE BELT TO GREEN BELT

Movement

Side Shrimping

Page

(In Class)

Take-Downs

Single Leg Take-Down From Standing

(68)

Double Leg Take-Down From Standing

(70)

Bear Hug Take-Down

(248)

Transitions

Open Guard Hook Sweep (Tripod Sweep)

(204)

Open Guard Reap Sweep

(205)

Requirements

Student must complete 4 rounds of rolling (4 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH GREEN BELT TO 1-STRIPE GREEN BELT

Positions

Half Guard to Chicken Wing Lapel Control

Page

(113)

Take-Downs

Inside Knee Take-Down From Standing

(249)

Lapel Grip Fireman's Carry

(74)

Submissions

Loop Choke From Guard

(345)

Chicken Wing Choke From Half Guard

(114)

Requirements

Student must complete 4 rounds of rolling (4 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 1-STRIPE GREEN BELT TO 2-STRIPE GREEN BELT

Movement

Front Break Fall

Page

(In Class)

Throws

O Goshi From Rondori Position

(75)

O Soto Gari From Rondori Position

(66)

O Soto Gari From Knees

(65)

Transitions

Knee-On-Belly Escape To Half Guard

(230)

Ferrari Guard Pass

(187)

Requirements

Student must complete 4 rounds of rolling (4 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 2-STRIPE GREEN BELT TO 3-STRIPE GREEN BELT

Positions

Crucifix

Page

(340)

Submissions

Crucifix To Armbar

(340)

Rolling Armbar From Full Turtle

(268)

Baseball Choke From Guard

(51)

Baseball Choke From Mount

(52)

Baseball Choke From Bottom Side Control

(In Class)

Baseball Choke From Top Knee-On-Belly

(In Class)

Requirements

Student must complete 4 rounds of rolling (4 minute rounds)



BRAZILIAN JIU-JITSU

YOUTH 3-STRIPE GREEN BELT TO 4-STRIPE GREEN BELT

Throws

Ippon Seo Nage

Page

(88)

Submissions

Anaconda Choke From Turtle

(281)

D'arce Choke From Turtle

(In Class)

D'arce Choke From North South

(In Class)

D'arce Choke From Side Control

(226)

Standing Straight Ankle Lock

(293)

Requirements

Student must complete 4 rounds of rolling (4 minute rounds)



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

Requirements

Student must be at least 16 years of age

Student must be attending adult classes

Student must attend the adult testing

Student must be able to demonstrate the entirety of the adult White to Blue Belt Curriculum