



## BRAZILIAN JIU-JITSU

### YOUTH WHITE BELT TO 1-STRIPE WHITE BELT

#### **Movement & Drills**

#### **Page**

Simple Sit Down (Rear Break Fall)	<input type="text"/>	(8)
Stand-Up On Base (technical standup)	<input type="text"/>	(12)
Kneeling Side Fall/Roll	<input type="text"/>	(9)
Shrimping	<input type="text"/>	(36)
Guardwork Drill	<input type="text"/>	(206/37)

#### **Positions**

Closed Guard	<input type="text"/>	(22)
Side Control	<input type="text"/>	(25)
Mount	<input type="text"/>	(23)

#### **Guard Passing/break**

Bull fight Pass (variation steering wheel)	<input type="text"/>	(209)
Closed Guard break #1 (elbows in thighs)		
Closed Guard break #2 (knee middle, knee push down)		

#### **Escapes**

Hip Escape From Side Control	<input type="text"/>	(37)
Bridging Escape From Mount	<input type="text"/>	(34)

#### **Sweeps**

Scissor Sweep	<input type="text"/>	(43)
Bump Sweep (Sitting Rollover Sweep)	<input type="text"/>	(45)



## BRAZILIAN JIU-JITSU

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

#### **Movement & Drills**

Forward Roll From Knees & Standing	<input type="text"/>	(10)
Rear Roll	<input type="text"/>	(8)
Side Control To Mount	<input type="text"/>	(35)
Mount Movement Exercise	<input type="text"/>	(27)
Basic grip break (in guard)		

#### **Positions**

Seated Back Control	<input type="text"/>	(26)
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#### **Sweeps**

Windmill Sweep	<input type="text"/>	(109)
Rainbow sweep (leg grab rollover)	<input type="text"/>	(201)

#### **Submissions**

Kimura From Guard	<input type="text"/>	(39)
Armbar From Closed Guard	<input type="text"/>	(40)
Cross Lapel Choke From Closed Guard	<input type="text"/>	(50)
Triangle From Closed Guard	<input type="text"/>	(42)

#### **Guard Passing/break**

Knee Slide Guard Pass	<input type="text"/>	(206)
Marco Guard Pass/break (table top)	<input type="text"/>	(200)
Double knee guard break		

#### **Escapes**

Side Control Escape underhook (to Knees)	<input type="text"/>	(225)
Elbow Escape From Mount	<input type="text"/>	(38)



## BRAZILIAN JIU-JITSU

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

<b><u>Movement</u></b>		<b><u>Page</u></b>
Basic Rolling Drill	<input type="text"/>	(35)
 <b><u>Escapes</u></b>		
Escape From Seated Back Control	<input type="text"/>	(271)
 <b><u>Guard Passing</u></b>		
Moon Pass		
Switch Base Guard Pass (reverse combat base back step)	<input type="text"/>	(207)
 <b><u>Submissions</u></b>		
Americana From Side Control	<input type="text"/>	(58)
Kimura From Side Control	<input type="text"/>	(59)
Far Side Armbar From Side Control (straight arm-lock, figure 4)	<input type="text"/>	(57)
Bread Cutter from Side Control	<input type="text"/>	(346)
 <b><u>Defenses</u></b>		
Kimura From Closed Guard Defense/Side control	<input type="text"/>	(96)
Defense Against The Armbar From Closed Guard	<input type="text"/>	(98)
Defense Against The Cross Lapel Choke From Closed Guard	<input type="text"/>	(134)
Triangle Defense from Closed Guard	<input type="text"/>	(101)



## BRAZILIAN JIU-JITSU

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

#### **Guard Passing**

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

#### **Submissions**

Armbar From Mount	<input type="text"/>	(47)
Americana From Mount	<input type="text"/>	(46)
Cross Lapel Choke From Mount	<input type="text"/>	(53)
Rear Naked Choke From Seated Back Control	<input type="text"/>	(265)
Double Lapel Choke From Seated Back Control	<input type="text"/>	(266)
Bow and Arrow Choke From Seated Back Control	<input type="text"/>	(267)

#### **Defenses**

Defense Against The Armbar From Mount	<input type="text"/>	(In Class)
Rear Naked Choke Defense	<input type="text"/>	(In Class)
Defense Against The Cross Lapel Choke From Mount	<input type="text"/>	(131)



## BRAZILIAN JIU-JITSU

### YOUTH 4-STRIPE WHITE BELT TO GRAY BELT

#### **Movement & Drill**

#### **Page**

Take-Down Shots	<input type="text"/>	(In Class)
Head-To-Head Sit-Through	<input type="text"/>	(19)
Knee-On-Belly Position (and drill)	<input type="text"/>	(24/32)

#### **Take downs**

Single Leg Take-Down From Standing	<input type="text"/>	(68)
Double Leg Take-Down From Standing	<input type="text"/>	(70)
Bear Hug Take-Down	<input type="text"/>	(248)
Basic grip break standing	<input type="text"/>	(In Class)

#### **Submissions**

Near Armbar From Knee-On-Belly	<input type="text"/>	(92)
Far Armbar From Knee-On-Belly	<input type="text"/>	(93)
Guillotine from Closed Guard	<input type="text"/>	(41)
Triangle To Armbar	<input type="text"/>	(102)
Ezekiel Choke From Mount	<input type="text"/>	(116)
Armbar From Seated Back Control	<input type="text"/>	(203)
Arm Triangle Choke From Guard	<input type="text"/>	(107)

#### **Escape**

Knee-On-Belly Escape #1 (basic, two arms)	<input type="text"/>	(229)
Knee-On-Belly Escape #2 (basic, one hand)	<input type="text"/>	(231)

#### **Defenses**

Guillotine Defense	<input type="text"/>	(100)
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## BRAZILIAN JIU-JITSU

### YOUTH GRAY BELT TO 1-STRIPE GRAY BELT

#### Positions

Half Guard

#### Page

(110/111)

#### Sweeps

Half guard sweep option #1 (back take)

(119)

Half guard sweep option #2 (ankle pick)

(121)

Half guard sweep option #3 (roll over)

(In Class)

Half guard sweep option #4 (arm drag)

(In Class)

#### Guard Passing

Half Guard Pass option #1 (pressure teepee, knee slice)

(In Class)

Half Guard Pass option #2 (leg climb)

(112)

Half Guard Pass option #3 (back step)

(212)

#### Submissions

Arm Triangle From Mount

(55)

Armbar Defense (closed guard) to Armbar

(99)

#### Escape

Knee-On-Belly Escape #3 (half guard)

(230)



## BRAZILIAN JIU-JITSU

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

#### **Positions**

Butterfly Guard

#### **Page**

(144)

#### **Sweeps**

Butterfly guard sweep option #1 (basic)

(In Class)

Butterfly guard sweep option #1 variation 1

(In Class)

Butterfly guard sweep option #1 variation 2

(In Class)

Butterfly guard (chest to chest) sweep option #1 Sweep

(145)

#### **Guard Passing**

Butterfly Guard Pass

(158)

Single Butterfly Hook Pass

(159)

Leg Weave pass

(In Class)

Over under pass

(In Class)

#### **Transitions**

Arm Drag To Seated Back Control

(152)

#### **Submissions**

Lapel Over Cross Choke from Closed Guard

(136)

Same Side Lapel to Cross Choke from Closed Guard

(224)



## BRAZILIAN JIU-JITSU

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

#### Movement & Drills

#### Page

Turtle Movement Drill	<input type="text"/>	(In Class)
Turtle To Seated Back Control	<input type="text"/>	(335)

#### Positions

Turtle (Side Turtle, Full Turtle, North South Turtle)	<input type="text"/>	(334/In Class)
Side Mount	<input type="text"/>	(234)

#### Escapes

Side Control Escape To North South Turtle	<input type="text"/>	(225/In Class)
Escape From Full Turtle	<input type="text"/>	(270)
Escape From Side Turtle	<input type="text"/>	(336)
Escape From North South Turtle	<input type="text"/>	(19/In Class)

#### Submissions

Lapel Half-Nelson Choke From Side Mount	<input type="text"/>	(217)
Clock Choke From Side Turtle	<input type="text"/>	(344)
Single Lapel Choke (Lawnmower Choke) From Side Turtle	<input type="text"/>	(337)
Rear Naked Choke From Full Turtle	<input type="text"/>	(In Class)
Guillotine From North South Turtle	<input type="text"/>	(In Class)





## BRAZILIAN JIU-JITSU

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

#### Positions

North South  
Kesa-Gatame

  

#### Page

(274)  
(344)

#### Escapes

Side Control To North South  
North South Escape  
Escape From Kesa-Gatame  
Rolling Escape From Kesa-Gatame  
Sit-Up Escape From Kesa-Gatame

  
  
  
  

(In Class)  
(284)  
(316)  
(317)  
(In Class)

#### Submissions

North South Choke  
Kimura From North South  
North South To Ambar  
Near Armbar From Kesa-Gatame  
Americana From Kesa-Gatame  
Arm Triangle From Kesa-Gatame

  
  
  
  
  

(280)  
(279)  
(276)  
(312)  
(311)  
(313)



## BRAZILIAN JIU-JITSU

### YOUTH 4-STRIPE GRAY BELT TO YELLOW BELT

#### Positions

Open Guard

#### Page

(In Class)

#### Sweeps

Omoiplata Sweep (side roll)

(347)

Open Guard Hook Sweep (Tripod Sweep)

(204)

Open Guard Reap Sweep

(205)

#### Submissions

Basic Omoiplata (from Closed Guard)

(95)

Basic Omoiplata variation finish

(In Class)

Armbar To Omoiplata

(40/95)

Triangle To Omoiplata

(42/95)

#### Defense

Omoiplata Defense #1 (roll out natural)

(In Class)

Omoiplata Defense #2 (roll out unnatural)

(In Class)

Omoiplata Defense #3 (scoot back[perpendicular] roll under pass)

(In Class)



## BRAZILIAN JIU-JITSU

### YOUTH YELLOW BELT TO 1-STRIPE YELLOW BELT

#### **Positions**

Spider Guard	<input type="text"/>	(356)
Short Spider Guard	<input type="text"/>	(143)

#### **Sweeps**

Basic Spider Guard Sweep (on knees like scissor/knee push)	<input type="text"/>	(In Class)
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#### **Guard Passing/break**

Basic Spider Guard Pass	<input type="text"/>	(361)
Spider Guard break option #1 (step back, heel to knee, wrist turn)	<input type="text"/>	(In Class)
Spider Guard break option #2 (step back extend arms)	<input type="text"/>	(In Class)

#### **Submissions**

Armbar From Spider Guard	<input type="text"/>	(358)
Triangle From Spider Guard	<input type="text"/>	(359)
Omoplata From Short Spider Guard	<input type="text"/>	(In Class)

#### **Take-Downs**

Cross Ankle Pick From Knees	<input type="text"/>	(72)
Cross Step To Knee-On-Belly From Knees	<input type="text"/>	(71)
Cross Ankle Pick From Standing	<input type="text"/>	(73)
Single Leg Take-Down From Knees	<input type="text"/>	(67)
Double Leg Take-Down From Knees	<input type="text"/>	(69)



## BRAZILIAN JIU-JITSU

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

#### Positions

Crazy Legs (Lasso Guard)

#### Page

(In Class)

#### Sweeps

Crazy Legs Sweep Option #1 (sweep with lasso, on knees)

(In Class)

Crazy Legs Sweep Option #2 (option 1 fail, kick out knee)

(In Class)

Crazy Legs Sweep Option #3a (flower [best option], on knees)

(In Class)

Crazy Legs Sweep Option #3b (flower without crazy legs)

(143)

Crazy Legs Sweep Option #4 (standing, tripod)

(In Class)

Crazy Legs Sweep Option #5 (standing, reverse tripod)

(In Class)

#### Submissions

Crazy Legs to Omoplata

(In Class)

Crazy Legs to Arm Bar

(In Class)



## BRAZILIAN JIU-JITSU

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

#### Positions

De La Riva Guard

#### Page

(In Class)

#### Transitions

De La Riva Guard to back

(In Class)

#### Sweeps

De La Riva Sweep Option #1 (grab opp sleeve)

(In Class)

De La Riva Sweep Option #2 (move back hook opp leg)

(In Class)

De La Riva Sweep Option #3 (tripod, same side sleeve)

(In Class)

#### Guard Passing

Collar Pressure Guard Pass

(184)

Ferrari Guard Pass

(187)

Outside Knee Guard Pass

(193)



## BRAZILIAN JIU-JITSU

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

#### **Positions**

Shin on Shin Guard

Half Guard to Chicken Wing Lapel Control

#### **Page**

(In Class)

(113)

#### **Sweeps**

Shin on Shin Sweep Option #1 (grab opp sleeve)

Shin on Shin Sweep Option #2 (opponent post sweep out)

Shin on Shin Sweep Option #3 (roll under)

Front Sweep

Back Sweep

(In Class)

(In Class)

(In Class)

(245)

(199)

#### **Submissions**

Loop Choke From Guard

Chicken Wing Choke From Half Guard

Rolling Lapel Choke from Turtle (head to head)

Rolling Lapel Choke from Turtle (head to head) #2

(345)

(114)

(341)

(342)



## BRAZILIAN JIU-JITSU

### YOUTH 4-STRIPE YELLOW BELT TO ORANGE BELT

#### Positions

X-Guard

Single X-Guard

#### Page

(In Class)

(In Class)

#### Transitions

Shin on Shin to Single X-Guard

Butterfly guard to Single X-Guard

Single X-Guard to X-Guard

(In Class)

(In Class)

(In Class)

#### Sweeps

X-Guard Sweep option #1 (backward)

X-Guard Sweep option #2 (forward)

X-Guard Sweep option #1 (side)

(In Class)

(In Class)

(In Class)

#### Submissions

Triple Threat choke

Triple Threat kimura

Triple Threat Arm Bar

(236)

(237)

(239)



## BRAZILIAN JIU-JITSU

### YOUTH ORANGE BELT TO 1-STRIPE ORANGE BELT

#### **Take Downs**

O Goshi From Rondori Position	<input type="text"/>	<b><u>Page</u></b> (75)
O Soto Gari From Rondori Position	<input type="text"/>	(66)
O Soto Gari From Knees	<input type="text"/>	(65)

#### **Position**

Crucifix	<input type="text"/>	(340)
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#### **Submissions**

Crucifix To Armbar	<input type="text"/>	(340)
Crucifix to Rolling Collar Choke	<input type="text"/>	(339)
Rolling Armbar From Full Turtle	<input type="text"/>	(268)





## BRAZILIAN JIU-JITSU

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

#### Take Downs

Inside Knee Take-Down From Standing

#### Page

(249)

Lapel Grip Fireman's Carry

(74)

#### Submissions

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)



## BRAZILIAN JIU-JITSU

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

#### Take Down

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

(293)



## BRAZILIAN JIU-JITSU

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

#### Submissions

Modified Bread Cutter choke (other arm not needed)

4 Finger Loop choke from Side Control

Side Control near side lapel gi choke

Side Control near far lapel gi choke

Bottom Side control to far side arm bar

Bottom Side control to near side arm bar

#### Page

(In Class)

(In Class)

(In Class)

(In Class)

(213)

(214)



## BRAZILIAN JIU-JITSU

### YOUTH 4-STRIPE ORANGE BELT TO GREEN BELT

#### Submission

Single wing choke from back

Triangle from back

Rolling Kimura from Half Guard

Arm Bar from half guard (top)

#### Page

(In Class)

(In Class)

(In Class)

(149)



## BRAZILIAN JIU-JITSU

### YOUTH GREEN BELT TO 1-STRIPE GREEN BELT

#### **Positions**

S-Mount

#### **Page**

(126)

#### **Submissions**

Rolling Omoplata from S-Mount

(127)

Gogo Plata from Mount

(126)

Arm Triangle from Mount

(In Class)

Triangle from Mount

(In Class)



## BRAZILIAN JIU-JITSU

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

#### **Submissions**

Standing Straight Ankle Lock

#### **Page**

(293)

Single X-guard to Ankle Lock

(In Class)

X-guard to Ankle Lock

(166)

#### **Defense**

Basic defense of straight ankle lock

(In Class)



## BRAZILIAN JIU-JITSU

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

#### Submission

Knee Bar from Side Control	<input type="text"/>	(301)
Knee Bar from Open Guard (bottom)	<input type="text"/>	(295)
Rollover Knee Bar from Kesa Gatame	<input type="text"/>	(314)
X-Guard to Knee Bar	<input type="text"/>	(171)
Half Guard to Knee Bar	<input type="text"/>	(180)

#### Defense

Knee bar defense (pushing away)	<input type="text"/>	(174)
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## BRAZILIAN JIU-JITSU

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

#### **Position**

Lockdown (inside and outside)

#### **Page**

(175)

#### **Submissions**

Lockdown sweep #1 (variation of half guard sweep #2)

(In Class)

Lockdown sweep #2 (variation of half guard sweep #3)

(In Class)

#### **Defense**

Lockdown defense #1 (possible submission)

(177)

Lockdown defense #2 (Pressure Release)

(178)





## **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