



Brazilian Jiu-Jitsu

BELT SYLLABUS

Blue Belt

Minimum Time Required = 15 months training at a minimum of 5 hours per week in BJJ

Stand Up Techniques:

Self-Defense Stance
Grappling Stance
Shield, Cover Up
50/50 Clinch (Gi & No-Gi Style)
Double Under hooks
Rear Clinch
Step and Slide

Must Be Able To Execute:

How to Clinch Against a Striker using straight and haymaker punches
3 Standing Side Headlock Escapes
2 Standing Rear Headlock Escapes
2 Bear hug escapes
2 Double under hook escapes
2 Standing Guillotine escapes
2 Double lapel grab escapes
5 Take downs
5 Guard Passes
2 Half Guard Passes
5 Guard Sweeps
3 Mount escapes
3 Cross Body Escape
1 Back Mount Escape
2 North South Escapes
3 Scarf Escapes (With and without Headlock)
The Basic Positional Map

Ground Position:

Guard
Cross body
Knee on Belly

Mount
Side Mount
Back Mount
North South
Top Scarf
Bottom Scarf
Half Guard
Butterfly Guard

Submissions:

X Choke
Rear Lapel Choke
Clock Choke
Bow and Arrow Choke
Ezekiel Choke
Rear Naked Choke
Side Choke
Guillotine Choke
Arm Bar
Kimura
Triangle
Straight Ankle Lock
Key Lock

Body Mechanics:

Shoulder Walk
Reverse Shoulder walk
Shrimp
Butt Scoots
Hip Escapes
Sprawl
Shot
Forward and Backward Safety Roll
Granby Roll

Purple belt

**Minimum Time Required = 2 years
training at a minimum of 5 hours per
week in BJJ**

Stand Up Techniques:

Self-Defense Stance
Grappling Stance
Shield, Cover Up
50/50 Clinch (Gi & No-Gi Style)
Double Under hooks
Rear Clinch
Step and Slide

Must Be Able To Execute:

How to Clinch Against a Striker using
straight and haymaker punches
3 Standing Side Headlock Escapes
2 Standing Rear Headlock Escapes
2 Bear hug escapes
2 Double under hook escapes
3 Standing Guillotine escapes
2 Double lapel grab escapes
7 Take downs
10 Guard passes
4 Half Guard Passes
10 Guard Sweeps
5 Mount escapes
5 Cross Body Escapes
3 Back Mount Escape
4 North South Escapes
2 Arm bar Escapes
2 Triangle Escapes
2 Kimura Escapes
2 Lapel Choke Escapes
1 Guillotine Escape from Guard
5 Scarf Escapes (With and without
Headlock)
The Basic Positional Map

Ground Position:

Guard
Cross body
Knee on Belly

Mount
Side Mount
Back Mount
North South
Top Scarf
Bottom Scarf
Half Guard
Butterfly Guard
Spider Guard
X- Guard
De La Riva Guard
Deep Half Guard
Cross Guard
Rubber Guard
Lasso Guard
S Mount

Submissions:

X Choke
Rear Lapel Choke
Clock Choke
Bow and Arrow Choke
Ezekiel Choke
Rear Naked Choke
Side Choke
Guillotine Choke
Arm Bar
Kimura
Triangle
Straight Ankle Lock
Key Lock
Knee Bar
Omoplata
Brabo Choke
Anaconda Choke
Wrist Lock
5 Combination Attacks

Brown Belt

**Minimum Time Required = 1.5 years
training at a minimum of 5 hours per
week in BJJ**

Stand Up Techniques:

Self-Defense Stance
Grappling Stance
Shield, Cover Up
50/50 Clinch (Gi & No-Gi Style)
Double Under hooks
Rear Clinch
Step and Slide

Must Be Able To Execute:

How to Clinch Against a Striker using
straight and haymaker punches
5 Standing Side Headlock Escapes
5 Standing Rear Headlock Escapes
3 Bear hug escapes
2 Double under hook escapes
3 Standing Guillotine escapes
2 Double lapel grab escapes
10 Take downs
15 Guard passes
6 Half Guard Passes
15 Guard Sweeps
7 Mount escapes
7 Cross Body Escapes
5 Back Mount Escape
5 North South Escapes
5 Scarf Escapes (With and without
Headlock)
5 Arm bar Escapes
5 Triangle Escapes
5 Kimura Escapes
5 Lapel Choke Escapes
3 Guillotine Escape from Guard
2 Leg Lock escapes
The Basic Positional Map

Ground Position:

Guard
Cross body
Knee on Belly

Mount
Side Mount
Back Mount
North South
Top Scarf
Bottom Scarf
Half Guard
Butterfly Guard
Spider Guard
X- Guard
De La Riva Guard
Deep Half Guard
Cross Guard
Rubber Guard
Lasso Guard
S Mount
50/50 Guard

Submissions:

X Choke
Rear Lapel Choke
Clock Choke
Bow and Arrow Choke
Ezekiel Choke
Rear Naked Choke
Side Choke
Guillotine Choke
Arm Bar
Kimura
Triangle
Straight Ankle Lock
Key Lock
Omoplata
Brabo Choke
Anaconda Choke
Knee Bar
Toe Hold
Bicep Slicer
Calf Slicer
Lapel Choke Variations
8 Combination Attacks

Black Belt

**Minimum Time Required = 1.5 years
training at a minimum of 5 hours per
week in BJJ**

Stand Up Techniques:

Self-Defense Stance
Grappling Stance
Shield, Cover Up
50/50 Clinch (Gi & No-Gi Style)
Double Under hooks
Rear Clinch
Step and Slide

Must Be Able To Execute:

How to Clinch Against a Striker using
straight and haymaker punches
5 Standing Side Headlock Escapes
5 Standing Rear Headlock Escapes
3 Bear hug escapes
2 Double under hook escapes
3 Standing Guillotine escapes
2 Double lapel grab escapes
12 Take downs
18 Guard passes
8 Half Guard Passes
18 Guard Sweeps
7 Mount escapes
7 Cross Body Escapes
5 Back Mount Escapes
5 North South Escapes
5 Scarf Escapes (With and without
Headlock)
5 Arm bar Escapes
5 Triangle Escapes
5 Kimura Escapes
5 Lapel Choke Escapes
3 Guillotine Escape from Guard
5 Leg Lock Escapes
The Basic Positional Map

Ground Position:

Guard
Cross body

Knee on Belly
Mount
Side Mount
Back Mount
North South
Top Scarf
Bottom Scarf
Half Guard
Butterfly Guard
Spider Guard
X- Guard
De La Riva Guard
Deep Half Guard
Cross Guard
Rubber Guard
Lasso Guard
S Mount
50/50 Guard
Tornado Guard
Inverted Guard

Submissions:

X Choke
Rear Lapel Choke
Clock Choke
Bow and Arrow Choke
Ezekiel Choke
Rear Naked Choke
Side Choke
Guillotine Choke
Arm Bar
Kimura
Triangle
Straight Ankle Lock
Key Lock
Omoplata
Brabo Choke
Anaconda Choke
Knee Bar
Toe Hold
Bicep Slicer
Calf Slicer
Lapel Choke Variations
12 Combination Attacks