



TECHNICAL REQUIRMENTS BJJ BLUE BELT

***MINIMUM 2 YEARS AT 2 TO 3 TIMES A WEEK OR 1.5 YEARS 3 TO 4 TIMES A WEEK*.**

THROWS & TAKEDOWNS

One leg throw
Two hip throws
Two double legs
One single leg

SELF DEFENSE

One way to defend the guillotine standing up
One way to defend the headlock standing
One way to defend the headlock on the ground

PASSING THE GUARD

Three different ways to pass the guard and get side control

HALF GUARD

One sweep from the half guard
One half guard pass

SWEEPS FROM THE GUARD

Three different ways to sweep your opponent

ESCAPES

Two ways to escape the mount
One way to escape the side mount
One way to escape the rear-mount

SUBMISSIONS

Three from the mount
One double attack
Three from the side mount
Two from the back
Two from knee on belly
Three from the guard

STUDIO 9-11 ALLIANCE



TECHINCIAL REQUIRMENTS BJJ PURPLE BELT

MINIMUM 6YRS 3 TO 5 TIMES A WEEK OR 5 YRS 3 TO 5 TIMES A WEEK WITH A GOLD MEDAL IN A NATIONAL TOURNMENT OR SILVER, BRONZE IN MORE THEN ONE.

THROWS AND TAKEDOWNS

One leg throw
Four hip throws
Two double legs
Two single leg

SELF DEFENSE

Two ways to defend the guillotine standing up
Two ways to defend the headlock standing
One way to defend the headlock on the ground
One way to defend the guillotine on the ground

PASSING THE GUARD

Five different ways to pass the guard and get side control

HALF GUARD

Two sweeps from the half guard
Two half guard passes

SWEEPS FROM THE GUARD

Five different ways to sweep your opponent

ESCAPES

Two ways to escape the mount
One way to escape the side mount
One way to escape the rear mount

SUBMISSIONS

Five from the mount
Two double attacks
Three from the side mount
Two from the back
Two from knee on belly
Five from the guard

STUDIO 9-11 ALLIANCE