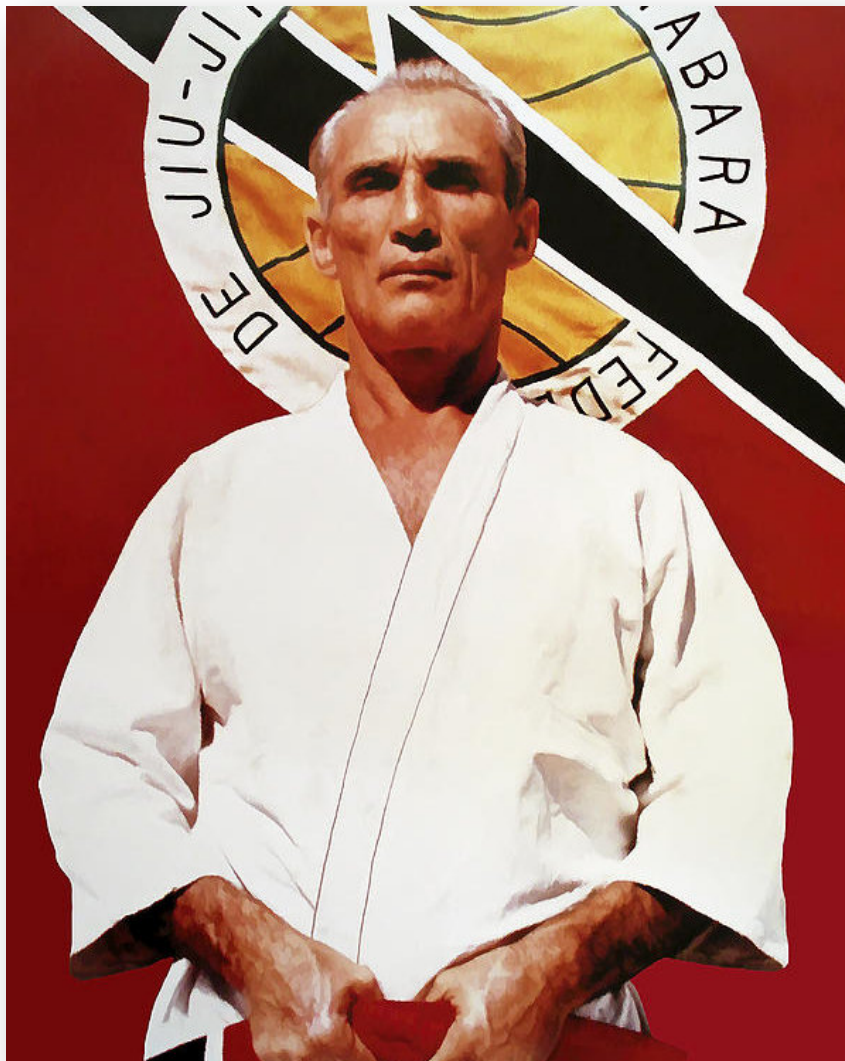




# BEYOND GRAPPLING CLUB

## Brazilian Jiu-Jitsu Grading Requirements

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*'The Jiu-Jitsu I created was designed to give the weak ones a chance to face the heavy and strong'*

- Helio Gracie

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# Who we are

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## **Our vision**

Helping our students achieve their full potential both on and off the training mat.

## **Mission statement**

Beyond Grappling Club focuses on providing our students with high level, up to date Judo and Brazilian Jiu Jitsu Techniques in a fun family friendly environment.

# Our Values

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**Honesty** - Being honest on and off the mat

**Respect** - Being respectful of one another and treating others like we would like to be treated.

**Dedication** - To develop students who value hard work, dedication and perseverance to achieve a goal.

**Leadership** - To develop leaders who impact their community in a positive way

**Growth** - To develop individuals who push themselves out of their comfort zone and search for ways to improve and grow as people and grapplers.

# Code of Conduct

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At all times, a BGC athlete must:

- abide by the BGC rules;
- have no ego on the mats;
- respect training partners, coaches and teammates;
- practice techniques with control and cooperation;
- control their temper (bullies and physical outbursts are not tolerated);
- be clean, hygienic and void of bad body odour (this includes trimmed fingernails and toenails);
- train in clean and appropriate attire;
- never use foul language;
- apply submissions with extreme care and control;
- report all accidents and injuries accordingly;
- appropriately cover abrasions and open cuts before training;
- listen while the coach is teaching

# History of Brazilian Jiu–Jitsu

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The history of BJJ goes back through the Gracie family to their original teacher, Mitsuyo Maeda and his training in the Kodokan, the home of Judo, in the late 1800's.

Maeda was trained by Judo's founder, Kano Jigoro, and was one of the Kodokan's five top groundwork experts sent abroad to demonstrate and spread Kano's art to the world.

Maeda left Japan in 1904, visiting many countries and accepting challenges from fighters of various martial arts systems. He arrived in Brazil in 1914, where he was instrumental in establishing a Japanese immigrant community. Maeda's efforts were aided by Gastão Gracie- a Brazilian scholar and politician. In return, Maeda taught Judo to Gastao Gracie's eldest son, Carlos Gracie.

Carlos Gracie taught the art to his four brothers, who began to adapt the basic rules of Judo, eliminating the useless and refining the effective.

Helio Gracie, the youngest of the brothers, was naturally frail and, by doctor's orders, was not able to participate in much of the Judo training. As he was unable to perform techniques that required much strength, Helio gradually developed Gracie Jiu–Jitsu as a softer, more pragmatic adaption from Judo.

Helio introduced the application of leverage to the art, making it possible for a smaller opponent to defeat a larger one; and by modifying and enhancing the basic techniques, Gracie Jiu–Jitsu became effective for a person regardless of his or her stature.

This system focused on ground fighting, as opposed to Judo, which emphasized throwing techniques; and thus began the development of a new and more effective art: Gracie Jiu-Jitsu.

Today, BJJ is one of the most effective forms of unarmed combat available. The current generations of the Gracie family have proven this in today's Mixed Martial Art events and open challenge matches all over the world.



# Grading Overview

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This document explains BGC's policies and procedures around children, teens and adult BJJ grading requirements. This includes info about how our belt system works alongside the International Brazilian Jiu-Jitsu Federation (IBJJF) system as well as the techniques, concepts and knowledge needed to achieve each belt.

Our BJJ grading system is multilayered and requires a high level of skill to achieve each grade. If a student fails their initial grading, they are able to re-assess at a later date.

A grading will be held at the end of each school term for kids and teens and occasionally when an adult reaches the required skill level.

A student may pass over a few stripes if they demonstrate an advanced level of skill, dedication, teamwork, competition results or overall technical proficiency.

BGC's BJJ grading system considers a student's ability to demonstrate the following elements:

- Financial member of BGC with no outstanding fees
- adherence to the BGC Code of Conduct;
- general knowledge of the art of BJJ expected of their level;
- safely executing techniques;
- various pinning positions, sweeps and escapes from different positions
- various submissions and takedowns;
- overall technical and sparring proficiency; and
- self-defence techniques and applications expected of their level.



# Grading Elements

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## **Adherence to the BGC Code of Conduct**

A student's adherence to the BGC Code of Conduct will be considered in their grading. A student who continuously demonstrates an inability to do so will be advised accordingly, and may not be considered for grading until their behaviour is adjusted.

## **Demonstrated knowledge of BJJ expected of level**

A student must be able to demonstrate knowledge of BJJ that is expected of their level. This includes being able to demonstrate a technique upon request, as well as during live sparring (as observed by the coaches during classes).

This includes, at a minimum, the basic BJJ movements such as hip escapes, break falls, and various warm-up drills (e.g. forward roll, bear crawls, etc.).

## **Safe execution of BJJ techniques**

Safe execution of BJJ techniques is crucial to keeping an injury-free training environment. A student must be able to demonstrate their ability to execute BJJ techniques safely, without a potential to cause injury to themselves and others.

## **Various pinning positions, sweeps and escapes from different positions**

### ***Escapes***

Escaping various grappling holds from both ground and standing positions is a very important element of effective BJJ and self-defence. Students must be able to demonstrate a number of escapes from various holds and pins. This includes escaping side control, mount, headlocks and bear hugs. Depending on level, students must also be able demonstrate various submission escapes, such as rear naked and triangle choke escapes.

### ***Pinning positions***

Pinning and holding positions are two of the key elements of effective BJJ. Students must be able to explain and demonstrate a number of pinning techniques expected of their level. This includes variations of side control, scarf hold, mount and knee ride. As grading advances, students will need to demonstrate their ability to move from one holding technique to another without the release of pressure from the opponent.

### ***Sweeps***

Sweeping is another key element of effective BJJ. Students must be able to demonstrate a number of sweeps from various BJJ guards. Novice belt levels will need to demonstrate sweeps from various open and closed guards (e.g. butterfly guard and half guard). More advanced belt levels (Green belt and above) must be able to demonstrate sweeps from more complex guards (e.g. X-guard, spider guard, De-La-Riva guard, etc.).

### ***Tapping out***

The most important thing to demonstrate, before any submission or takedown, is a student's ability to effectively 'tap out'. Tapping out is very important and all students must demonstrate their ability to tap out once they have been placed in submissions they cannot escape.

Tapping out safely includes using various ways to let our training partners know we've had enough. This includes verbally saying 'tap', and physically tapping our opponents and the mats, using both hands and feet.

### ***Throws and takedowns***

Although BJJ is mainly a ground-based grappling art, students will still be required to demonstrate a number of throws and takedowns in both static and moving scenarios. These takedowns must be followed up with a groundwork technique, such as knee ride, side control or any other technique. Students will also need to demonstrate a number of counter attacking movements such as sprawling and grip fighting.

### ***Strangles & Choking techniques***

Students must be able to demonstrate an understanding of both choking and strangulation techniques. Students will need to show control when applying these techniques from positions such as back, mount, guard and side control. Additionally, students will need to be able to recognise an unconscious opponent and what to do in this situation (this is a possibility, although very unlikely if proper training etiquette is practised).

### ***Joint locking techniques***

Students must be able to demonstrate a number of Joint locking techniques expected of their level. These include arm locks, wrist locks, ankle locks, heel hooks, knee locks, toe holds, calf and bicep slicers. These techniques need to be applied from a number of different positions and setups depending on the student's ability level.

### ***Sparring ability and 'flowing'***

In addition to technical proficiency in submissions and takedowns, the ability to spar safely and effectively must be demonstrated. BJJ is a martial art, sport and a self-defence strategy, and therefore the ability to execute techniques in a live spar is a great demonstration of a student's ability level.

Equally important is the ability to 'flow' with a training partner, especially with someone that is at a lower level or has lesser bodyweight. This is a great demonstration of technical proficiency and will be considered in grading.

### ***Demonstrate self defence***

BJJ as a martial art encompasses self-defence elements. Students (especially children and teens) must be able to demonstrate basic self-defence techniques. This includes both techniques and the ability to assess, and escape from, a dangerous situation.



# BJJ Belts

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## **White belt and Grey belts**

At this belt level, we introduce students to the concept of positional strategy – they will learn the basics of body movement both standing and on the ground. Additionally, a number of more commonly faced self-defence scenarios are taught, for example escape from headlocks and bear hugs.

Sparring will also be introduced, and students will begin to familiarise themselves with submissions, however the main priority is on understanding position and the fundamentals of BJJ positions.

As students progress in stripes, emphasis will be placed on transitions from one position to another, and submissions will be observed in closer detail. Development on standing and ground based self-defence scenarios will continue as well as longer sparring sessions. Sparring from set positions and with specific submissions is also introduced.

## **Yellow Belt System (0 to 4 stripes)**

At this belt level, students are expected to have a good understanding of the basic and core BJJ techniques. They should be able to apply techniques when sparring and display basic strategy and tactics for sport BJJ. Training will continue on open and closed guard, guard passing, submissions, and transitions. Learning of self-defence scenarios will also continue.

## **Orange belt system (0 to 4 stripes)**

Students who reach orange or green belt may likely be old and mature enough to join the adult BJJ class (14–15 years old, and depending on capability). Therefore, the adult syllabus will be followed. The purpose of this shift is to provide a constructive challenge for teen students. This strategy helps them remain consistent with training, so that they remain motivated to continue developing their BJJ capabilities into adulthood.

Students who are eligible to join the adult BJJ class, but decline or are not confident enough to do so yet, will be allowed to stay in the children's class. These students will be assisted by the coaches to transition successfully before or when they turn 16.

## **Beyond the junior belt system**

At the age of 16, junior students must move on to the adult BJJ class and belt system. Generally, a student who has trained regularly for several years and is at least an orange belt may be promoted to blue belt on the year of their 16th birthday. Otherwise, they will become an adult white belt, and depending on their skill level, will be awarded stripes.

Those promoted to blue belt are eligible to compete in juvenile blue belt categories, but not full adult divisions until they are 18. After this, they will then be graded onwards from blue to purple, brown then black. Although the IBJJF has

set minimum times frames, these are generic and do not show the realistic technical and sparring ability of the student.

### **Blue Belt**

The blue belt marks your first breakthrough in Jiu Jitsu. Earning your blue belt means that you are starting to get a handle on the basics of the art. You are developing a guard game, a passing game, an escape game, a positional control game and are starting to develop a submission game. A blue belt understands what is happening in Jiu Jitsu, at least on a basic level and is starting to move their hips well and use their legs. They are learning how to control their opponents using technique in place of physical attributes. The most important thing to think about upon earning your blue belt is consistency and longevity in the art as sadly a lot of people have quit Jiu Jitsu after earning their blue belts!



### **Purple Belt**

The purple belt marks your next major breakthrough in Jiu Jitsu and is considered one of the first advanced belts. Earning your purple belt will require several years of commitment to training and hard work, but it is worth every bit of it! A purple belt is someone who has internalised the principles of Jiu Jitsu. They understand that technique, leverage and the ability to out think and out manoeuvre their opponent is the key to success. A purple belt has put in a lot of hours on the mat and because of this, they have great hip movement, an excellent guard, more tools available to them and transition seamlessly between the various guard games, escapes, controls etc. A purple belt knows their body and what works well for them and have developed a few strong positions in their game that they favour. They combine techniques when they attack and are able to lead their opponents to “their own” strong/favourite positions. The purple belt is half way to black belt, how exciting!

### **Brown Belt**

The brown belt marks another major breakthrough in your journey and indicates that you are a true disciple of Jiu Jitsu. It takes a lot of discipline, hard work and perseverance to earn your brown belt in Jiu Jitsu. A brown belt, even more so than the previous belts, is an ambassador for the art and must do their best to portray the Jiu Jitsu in the best light possible. They understand technique, leverage and the ability to out think and out manoeuvre their opponents like the purple belt, however they have a greater understanding of timing, strategy and tactics!

Technically there isn't too much difference between a purple belt and a brown belt, however a brown belt is just a little smoother in their execution of technique and has better timing. A brown belt passes and feels heavy and is extremely well rounded. They are also able to adapt and overcome an opponent even when they get surprised as their defence is really solid. A brown belt has

the ability to set up their opponent through the use of strategy and tactics which allows them to frustrate their opponent and cause them to make more mistakes! I like to think of a brown belt as a black belt in training... They are almost there, they just need a little more seasoning!

### **Black Belt**

The black belt in many people's eyes symbolises mastery of the art. However, talk to any black belt and they will tell you that nothing could be further from the truth. Earning your black belt in Jiu Jitsu is a tremendous accomplishment but it is really just the beginning. Upon earning your black belt, you will start to look at what you already know through a more discerning lens, in a sense the journey begins all over again! Regardless of age, a black belt in Jiu Jitsu is a true ambassador for the art and has nothing to prove, the journey towards mastery continues.

A black belt has developed great base, a keen sense of technical prowess, as well as timing and anticipation that can make them feel unstoppable. But they are still very much students of the game! One of the key characteristics of a black belt is an open mind and a hunger to learn. A black belt moves smoothly and economically, they use their feet and legs as well as their hands and are highly coordinated. Black belts are tricky, and patient while directing you to your demise. They are extremely smooth and efficient when they roll, and they make you feel like you are doing all the work. In the journey towards earning your black belt you will develop and own a few key positions in the game... These positions become second nature to you and your ability to apply techniques from there against a resisting opponent seems effortless.

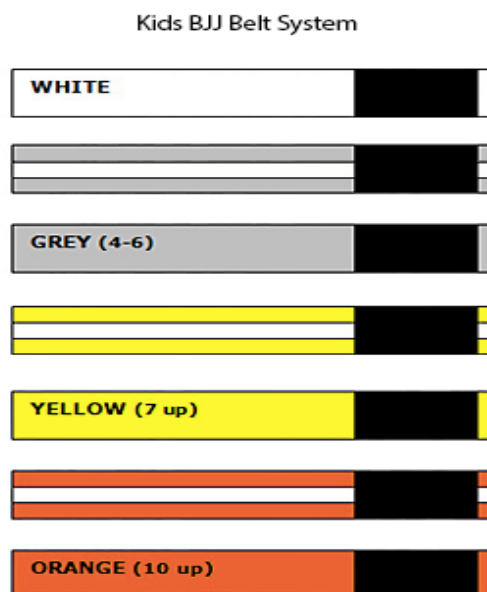
A black belt can train with anyone and find a way to learn and improve as well as help their partner do the same. A black belt knows and understand the principles of Jiu Jitsu so well that they can demonstrate and teach moves that aren't a part of their core "go to" game. I believe that anyone can earn a black belt in Jiu Jitsu if they are committed and put in the work. BJJ legend Chris Hauteur said it best, *"It's not who's good, it's who's left. It's hour on the mat. If you put in that time, natural athlete or not, you'll be a black belt. You're going to be somewhere in ten years, why not be a black belt? You just can't quit!"*

## Belt progression – kids & teens

Our BJJ belt system aligns with the International JiuJitsu Federation (IBJJF) belt systems. Essentially a student will begin as a white belt and if they attend class regularly, can demonstrate the relevant techniques then they will be graded at the end of each school term. For example:

A student starts as a white belt. After term one this student will receive 1 stripe. Term 2 another strip, term 3 one more stripe and then at the end of term 4 the student will be promoted to a Grey / White belt. Then the grading system continues. However, a student may pass over a few stripes if they demonstrate an advanced level of skill, dedication, teamwork, competition results or overall technical proficiency.

Students turning 16 years of age will be awarded an adults belt as either a white belt with stripes or a blue belt. This decision will be at the discretion of the BJJ coaches.



- White belt up to 4 stripes
- Grey / white belt up to 4 stripes
- Grey belt up to 4 stripes
- Yellow/ white belt up to 4 stripes
- Yellow belt up to 4 stripes
- Orange white belt up to 4 stripes
- Orange belt up to 4 stripes

<b>Belt</b>	<b>Minimum age</b>	<b>Guard passes</b>	<b>Takedowns</b>	<b>Sweeps</b>	<b>Strangles</b>	<b>Arm locks</b>	<b>Escapes</b>	<b>Self-defence</b>	<b>General knowledge</b>
<b>White belt 1-2 stripes</b>	4	1	1	1	1		1	A	✓
<b>White belt 3-4 stripes</b>	4	2	1	1	1		1		
<b>Grey white 1-2 stripes</b>	4	2	2	2	1		1	A	✓
<b>Grey white belt 3-4 stripes</b>	4	3	2	2	1	1	1	A	✓
<b>Grey belt 1-2 stripes</b>	4	3	2	2	1	1	2	B	✓
<b>Grey belt 3-4 stripes</b>	4	4	2	2	2	1	2	B	✓
<b>Yellow white 1-2 stripes</b>	7	4	3	2	2	2	2	C	✓
<b>Yellow white 3-4 stripes</b>	7	4	3	3	2	3	3	C	✓
<b>Yellow belt 1-2 stripes</b>	7	5	3	3	3	3	4	D	✓
<b>Yellow belt 3-4 stripes</b>	7	5	3	3	3	4	4	D	✓
<b>Orange white 1-2 stripes</b>	10	5	4	4	3	4	5	D	✓
<b>Orange white 3-4 stripes</b>		6+	4	5	4	4	6	E	✓
<b>Orange belt 1-2 stripes</b>	13	7+	5	6	4	5	7	F	✓
<b>Orange belt 3-4 stripes</b>		8+	6	7+	5	5	7	F	✓

## Belt progression - Adults

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At BGC we award students with up to 4 stripes on their white belts before being promoted to blue belt. Blue, purple and brown belts do not have any stripes awarded.

- Adult white belt up to 4 stripes
- Adult blue belt on the year they turn 16 (at the discretion of the coach)
- Adult Purple belt
- Adult Brown belt
- Adult Black belt (minimum age of a black belt is 19 years old)

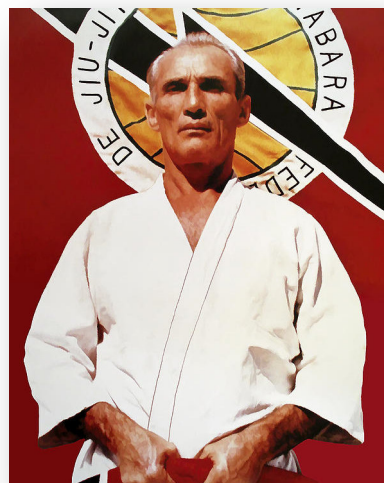
<b>White belt</b>									
<b>Blue belt</b>	16+								
<b>Purple</b>									
<b>Brown</b>									
<b>Black</b>	19								

## General Knowledge questions

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These questions may be asked during your examination:

- What does BJJ mean?
- Who invented BJJ?
- Who are the Gracie's?
- What art did BJJ come from?
- Where was the founding city of BJJ?
- How can you win a BJJ match?
- Demonstrate how to tie your belt.
- Demonstrate how to fold your gi.
- Basic dojo hygiene questions.
- What is the difference between a choke and a strangle?
- What is the difference between an armbar and an armlock?
- What is the safest way to tap out?
- What do you do if someone falls unconscious?
- Demonstrate the correct position inside a closed guard.
- Demonstrate three ways to hold someone in side control
- Explain the importance of underhooks and framing
- Demonstrate three variations of scarf hold.
- How many points do you get for a takedown? Guard pass? Sweep from guard? Mount? Back? Side control? A Reversal?
- What is the correct way to hold someone in back control?
- Explain the basic rules of sport BJJ.



## Self Defence Techniques Part A

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- Breakfalls: Back, side, forward and front
- Technical stand up X 20 (both sides)
- Kick and technical stand up X 10
- Grip breaks
- Defence from Wrist grabs
- Sprawls X 10
- Side to side sprawls X 20 each side

## Self Defence Techniques Part B

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- Breakfalls: Back, side, forward and front
- Technical stand up X 20 (both sides)
- One handed front choke defence
- Two handed front choke defence

## Self Defence Techniques Part C

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- Rear bear hug under arms defence
- Front bear hug under arms defence
- Front headlock defence
- Standing Guillotine defence

## Self Defence Techniques Part D

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- Rear bear hug over arms defence
- Front bear hug over arms defence
- Front headlock defence
- Guillotine defence

## Self Defence Techniques Part E

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- Sucker Punch defence
- Front choke against the wall defence
- Defence against side headlock
- Escape headlock on the ground



## Self Defence Techniques Part F

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- Rear naked choke defence standing
- Escape back control on the ground
- Defending punches from guard
- Defending punches when mounted

## References

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- **The BJJ Coach:** Thoughts on Belts in JiuJitsu. [www.thebjjcoach.com](http://www.thebjjcoach.com)

## Notes:

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