



The Basics of Brazilian Jiu-Jitsu

The Prime Directive

1. SAFETY
2. POSITION
3. FINISH

Safety First

You are responsible for your own safety.

You are responsible for the safety of your partner.

Belt Ranks

For adults, the belt ranking system is as follows: White, Blue, Purple, Brown, Black.

At white belt, there are four stripes to be awarded. There is no stripe system for the upper belts.

The white belt first stripe is required before a student may begin participating in sparring.

White Belt First Stripe — 10 Fundamentals

Every Brazilian Jiu-Jitsu student needs to know the first 10 fundamentals, broken down into the 10 fundamental classes.

- Introduction to BJJ:** *Jiu-Jitsu Philosophy, Upa, Safety position inside guard, Guard opening, Stack pass, Classic side control, Taking the mount, Americana, Cross collar choke*
- Introduction to the Guard:** *Cross collar choke from guard, Sit up sweep, Kimura, Sit up sweep from Kimura*
- Side Control:** *Maintaining side control defense from bottom, Proper hand position, Escape to guard, Escape to double leg*
- The Elbow Escape:** *Snake maneuver, Elbow escape, Upa/Elbow escape transition*
- Introduction to Back Offense:** *Maintaining the back, What not to do, Dan Severn choke, Mata Leão (rear naked choke)*
- Introduction to Back Defense:** *Hand defense, Choke hand down, Choke hand up*
- Posture Inside the Guard:** *Maintaining posture, Hip control, Breaking posture, Grip breaks*
- Arm Bar Attacks:** *Armbar from the mount*

- Arm Bar Defense:** *Armbar lockdown, Bridge to armbar from guard, Escape from armbar from guard*
- The Standing Pass:** *The standing pass, A-Frame, Torreando pass*

The student will need to complete these 10 lessons and be able to practice the techniques in order to qualify for their first stripe.

White Belt Second Stripe — 9 More Fundamentals

9 more classes every BJJ student should know!

- The Armbar from the Guard**
- Simple Sweep**
- “Bad Posture” Guard Opening**
- Stack Pass, pt 2**
- Guillotine Choke and Defenses**
- Maintaining a Mount**
- Counters to the Standing Pass**
- Straight Ankle Lock**
- Basic Open Guard**

Completion of these 9 additional lessons and the ability to practice the techniques will qualify a student for their second stripe!

More to Look Forward To!

White Belt Third Stripe: The student has demonstrated knowledge and application of Brazilian Jiu-Jitsu techniques. The student has demonstrated measure of control and success while sparring. The student has begun to settle into either a top game or bottom game.

White Belt Fourth Stripe: The student continues to show improvement in knowledge and the application of Brazilian Jiu-Jitsu techniques. The student has continued to demonstrate measure of control and success while sparring. Upon receiving the fourth stripe, the student will be informed of their personal set of skills and techniques that need to be improved as well as clear goals to achieve in order to be promoted to blue belt.