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Children's BJJ White Belt

Minimum Time in Training: 1 Year

I - Fundamental movements & concepts

- Squats, Rear breakfall & figure-4 stand up, Diagonal bridges, Hip escapes, Sprawls
- Tie your belt properly in under 20 seconds
- 5 Tenets of BJJ

II - Basic positions & goals

- Standing
  - Goal for both players: takedown or pull guard
- Guard
  - Goal for top player: pass the guard
  - Goal for bottom player: sweep or submit
- Pinning
  - Goal for top player: submit or advance to a more dominant position
  - Goal for bottom player: escape or recover guard

III - Competition Rules

- Review & understand the rules of IBJJF style sparring

IIII - Sparring

- Demonstrate competency & control during free sparring

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Children's BJJ White/Black Belt

Minimum Time in Training: 1 Year

I - Fundamental movements

- Reverse hip escape, Advancing seated scoots, Retreating seated scoots, Somersaults

II - Defense

- 1 Escape from mount
- 1 Escape from side-control
- 1 Escape from back control
- 1 Submission defenses from any position

III - Competition Rules

- 1 Takedown from standing
- 1 Guard pass from any top guard position
- 1 Sweep from any bottom guard position
- 1 Submission from any position

IIII - Sparring

- Demonstrate competency & control during free sparring

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Children's BJJ Grey/White Belt

Minimum Time in Training: 1 Year

I - Fundamental movements

- Front Breakfall, Leg pummeling, Forward shoulder roll, Backward shoulder roll, Wrestling shots
- Counting to 10 in Portuguese

II - Defense

- 2 Escapes from mount
- 2 Escapes from side-control
- 2 Escapes from back control
- 2 Submission defenses from any position

III - Offense

- 2 Takedowns from standing
- 2 Guard passes from any top guard position
- 2 Sweeps from any bottom guard position
- 2 Submissions from any position

IIII - Sparring

- Demonstrate improved competency & control during free sparring

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Children's BJJ Grey Belt

Minimum Time in Training: 1 Year

I - Fundamental movements

- Side breakfall, Triangle leg raises, Technical stand-ups, Granby rolls, Spiderman sit-outs
- Assisting lower belts

II - Defense

- 2 Escapes from bottom turtle
- 2 Escapes from knee on belly
- 2 Escapes from north/south

III - Offense

- 1 Chained takedown series from standing
- 1 Chained guard pass series from any position
- 1 Chained sweep series from any position
- 1 Chained submission series from any position

IIII - Sparring

- Demonstrate improved competency & control during free sparring

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Children's BJJ Grey/Black Belt

Minimum Time in Training: 1 Year

I - Fundamental movements

- High leg crossovers, Hip hops, Shoulder roll breakfall, Handstands, Cartwheels
- Leading warm-ups

II - Defense

- 10 Minute open guard shark tank

III - Offense

- 10 Minute takedown shark tank

IIII - Sparring

- Demonstrate improved competency & control during free sparring

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Children's BJJ Yellow/White Belt

Minimum Time in Training: 1 Year

I - Leadership

- Adopt a White Belt and help them learn the fundamentals

II - Defense

- Personal research project - Mount escape

III - Offense

- Personal research project - Takedown

IIII - Sparring

- Demonstrate improved competency & control during free sparring

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Children's BJJ Yellow Belt

Minimum Time in Training: 1 Year

I - Leadership

- Adopt a White Belt and help them learn the fundamentals

II - Defense

- Personal research project - Side control escape

III - Offense

- Personal research project - Guard pass

IIII - Sparring

- Demonstrate improved competency & control during free sparring

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Children's BJJ Yellow/Black Belt

Minimum Time in Training: 1 Year

I - Leadership

- Adopt a White Belt and help them learn the fundamentals

II - Defense

- Personal research project - Back control escape

III - Offense

- Personal research project - Submission

IIII - Sparring

- Demonstrate improved competency & control during free sparring

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