



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

III - Sparring

- Demonstrate competency & control during free sparring



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



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
- 2 Submission defenses from any position

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

III - Sparring

- Demonstrate improved competency & control during free sparring



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