



Belt Knowledge Requirements



Initially, Brazilian Jiu-Jitsu was an art of self defense only tested in the unforgiving streets of Brazil, but with the first Federation of Brazilian Jiu-Jitsu established in 1967 an opportunity was created for practitioners of the art to test their skills in a safe setting. Today many academies focus on tournament results and this has had a profound impact on Brazilian Jiu-Jitsu, creating a much more competitive and dynamic art of defense because practitioners of the art compete against other individuals holding the same rank, age and size. Taking Brazilian Jiu-Jitsu into the competitive realm has allowed it to become both a more realistic art of self defense and a competitive sport. In the area self defense competition allows a practitioner to face their fears, to apply techniques under the rush of adrenaline and pressure and to feel resistance that cannot be imitated in class sparring. In the area of sport jiu-jitsu competitions allow individuals and schools to test their skills in a safe setting of rules and regulations that promote individual and sport growth. Yet, there are other components of a practitioner's abilities such as strength, athleticism, conditioning, drive that can lead a competitor to not fully learn the technical knowledge needed to be truly proficient at their rank. Because of this, at BOA BJJ we rigorously test for technical knowledge efficiency as part of the belt rank promotion to ensure that our students have a full understanding and knowledge of the art of Brazilian Jiu-Jitsu.

On average, it takes 8 years to 10 years to go from white to black belt. This may vary depending on the age that you start because of the belt rank age requirements. Other factors such as above average class attendance, natural abilities, prior knowledge, knowledge of other martial arts, competing, participation in the instructor's program, character and team loyalty can shorten the time to a black belt while factors such as poor attitude, bad temper, poor class attendance or lack of common morality inside or outside of the school can lengthen in. In many traditional martial arts the promotion system is much more defined in terms of exact times and exact requirements. Brazilian Jiu-Jitsu though has a specific culture, history and ethos and a legitimate belt takes a lot of time and a lot of hard work. Ultimately, all promotions are at the discretion of the instructor.

White Belt to Gray Belt

4 TO 7 YEARS OF AGE



For a White Belt to be promoted to the rank of Gray Belt the student needs to consistently train 3 times a week for a minimum of one year.

Attacks

Mount

- 1 lock
- 1 choke hold

Guard

- 1 sweep
- 1 lock
- 1 choke hold

Side Control

- 1 lock

Takedowns

- Leg Trip
- Double leg

Escapes and Defenses

Mount

- 1 escape

Guard Passes

- 1 closed guard pass
- 1 open guard pass

Falling Techniques

- Front roll
- Back roll
- Side fall
- Sprawl

Drills of Free Movement

- 2 minutes standing takedowns
- 2 minutes ground guard passes

Competition

The evaluation will be performed in a competition setting in which student's performance will be evaluated by an instructor.

White Belt/Gray Belt to Yellow Belt

7 TO 15 YEARS OF AGE



For a White or Gray Belt to be promoted to the rank of Yellow Belt the student needs to consistently train 3 times a week for a minimum of one year.

Attacks

Mount

- 2 locks
- 1 choke hold

Guard

- 1 sweep
- 1 lock
- 1 chokehold
- 1 triangle

Side Control

- 1 chokehold
- 1 lock

Knee on the Belly

- 1 Chokehold

Back

- 1 Chokehold

Takedowns

- Leg trip
- Double leg
- Hip toss
- Single leg

Escapes and Defenses

Mount

- Upa escape
- Elbow escape

Side Control

- 1 escape

Guard Passes

- 1 closed guard pass
- 1 open guard pass

Falling Techniques

- Front roll
- Back roll
- Side fall
- Sprawl

Drills of Free Movement

- 3 minutes standing takedowns
- 3 minutes ground guard passes

Competition

The evaluation will be performed in a competition setting in which student's performance will be evaluated by an instructor.

Yellow to Orange Belt

10 TO 15 YEARS OF AGE



For a Yellow Belt to be promoted to the rank of Orange Belt the student needs to consistently train 3 times a week for a minimum of one year.

Attacks

Mount

2 locks
2 chokeholds

Guard

2 sweeps
2 locks
2 chokeholds
1 triangle

Open Guard

1 sweep

Half Guard

1 sweep

Side Control

2 chokeholds
2 locks

Knee on the Belly

1 Chokehold
2 Locks

Back

2 Chokeholds

Takedowns

2 leg sweeps
2 hip tosses
2 double legs
1 jump in the guard
1 flying arm bar

Escapes and Defenses

Mount

3 escapes

Side Control

2 escapes

Kesa Gatame

1 escape

Guard Passes

2 closed guard passes
2 open guard passes
1 half guard pass

Drills of Free Movement

3 minutes standing takedowns
3 minutes ground guard passes

Competition

The evaluation will be performed in a competition setting in which student's performance will be evaluated by an instructor.

Orange Belt to Green Belt

13 TO 15 YEARS OF AGE



For an Orange Belt to be promoted to the rank of Green Belt the student needs to consistently train 3 times a week for a minimum of one year.

Attacks

Mount

- 2 locks
- 2 chokeholds
- 1 double attack

Guard

- 2 sweeps
- 2 locks
- 2 chokeholds
- 2 triangles
- 1 omoplata
- 1 double attack

Open Guard

- 2 sweeps

Half Guard

- 2 sweeps

Butterfly Guard

- 1 sweep

Side Control

- 2 chokeholds
- 3 locks

North and South

- 1 submission

Knee on the Belly

- 1 Chokehold
- 2 Locks

Back

- 3 chokeholds

Turtle Position

- 2 chokeholds

Takedowns

- 2 leg sweeps
- 2 double legs
- 2 hip tosses
- 1 single leg
- 1 sacrifice takedown
- 1 arm drag
- 1 jump to guard
- 1 flying arm bar

Escapes and Defenses

Mount

- 4 escapes

Side Control

- 2 escapes

Kesa Gatame

- 2 escapes

Guard Passes

- 3 closed guard passes
- 1 escape from arm bar
- 1 escape from triangle
- 3 open guard passes
- 2 half guard passes
- 1 butterfly guard pass

Drills of Free Movement

- 4 minute standing takedowns
- 4 minute ground guard passes

Competition

The evaluation will be performed in a competition setting in which student's performance will be evaluated by an instructor.

White, Yellow, Orange, Green to Blue Belt

16 YEARS OF AGE AND OLDER



For a White, Yellow, Orange or Green Belt to be promoted to the rank of Blue Belt the student needs to consistently train 3 times a week for a minimum of one year.

Attacks

Mount

- 2 locks
- 2 chokeholds
- 1 way to take the back
- 1 double attack

Guard

- 1 guillotine
- 1 omoplata
- 1 arm triangle
- 1 triangle
- 1 kimura
- 1 choke
- 1 way to take the back

Sweeps

- 2 close guards
- 1 open guard
- 1 butterfly guard
- 1 half guard

Side Control

- 2 chokeholds
- 3 locks
- 1 way to the mount
- 1 way to the back
- 1 way to the knee to the belly

Knee on the Belly

- 2 chokeholds
- 2 locks

Back

- 2 submissions from sitting position
- 2 submissions from back mount position

Foot Lock

- 1 straight foot lock

Takedowns

- 2 leg trip
- 1 double leg
- 2 hip tosses
- 1 single leg
- 1 jump on the guard
- 1 pull to arm bar

Escapes and Defenses

Mount

- 2 upa escapes
- 2 elbow escapes

Side Control

- 1 escape putting in the guard
- 1 escape getting on top

Kesa Gatame

- Bridge and roll
- Head escape

Guard Passes

- 2 closed guard passes
- 1 under the leg
- 1 over the leg
- 1 open guard pass
- 1 half guard pass
- 1 butterfly guard pass

Falling Techniques

- Front roll
- Back roll
- Side fall
- Front fall
- Back fall
- Sprawl

Drills of Free Movement

- 3 minutes standing takedowns
- 3 minutes ground guard passes

Competition

The evaluation will be performed in a competition setting in which student's performance will be evaluated by an instructor.

Physical Conditioning

20 pushups • 100 sit-ups • 30 burpees • Monkeys • Sideways monkeys • Straight leg monkeys
Samurais • Hooks • Hip escape

Light sparring (rolling) • 2 rounds of 6 minutes with gi • 1 round of 6 minutes no gi

Blue Belt to Purple Belt

17 YEARS OF AGE AND OLDER



For a Blue Belt to be promoted to the rank of Purple Belt the student needs to consistently train 3 times a week for a minimum of two years.

Attacks

Mount

- 2 submissions from low mount
- 3 submissions from middle mount
- 3 submissions from high mount
- 2 double attack

Close Guard

- 6 locks
- 6 chokeholds
- 2 ways to take the back
- 2 double attacks
- 5 sweeps

Open Guard

- Spider guard setup
- 2 submissions
- 2 sweeps

Sit-up Guard

- 2 submissions
- 2 sweeps

Butterfly Guard

- 2 submissions
- 2 sweeps
- 1 way to take the back

Half Guard

- 4 sweeps
- 1 submission
- 1 way to take the back

Side Control

- 4 chokeholds
- 4 locks

Kesa Gatame

- 2 locks
- 2 chokeholds

Knee on the Belly

- Switch sides
- 2 chokeholds
- 2 locks

North and South

- 2 chokeholds
- 2 locks

Back

- 4 submissions

Turtle Position

- 2 submissions from the front
- 2 submissions from the side
- 2 ways to the back from the back

Foot Locks

- 2 straight foot locks

Takedowns

- 2 leg trips
- 2 double legs
- 3 hip tosses
- 2 single legs
- 2 sacrifice takedowns

Escapes and Defenses

Mount

- 2 high mounts
- 2 middle mounts
- 2 low mounts
- 1 choke escape
- 1 Americana escape
- 1 arm bar escape
- 1 Ezequiel choke escape

Side Control

- 2 with opponent in the middle
- 2 with the opponent facing up with hands under the arm
- 2 with opponent facing down
- 2 north and south
- 3 kesa gatame

Guard Passes

- 2 standing passes
- 2 knee passes
- 1 arm bar escape
- 1 choke escape
- 2 triangle escapes
- 1 kimura escape
- 1 straight foot lock escape
- 1 guillotine with arm in and with arm out

Half Guard

- 4 passes

Turtle

- 2 front escapes
- 1 side escape
- 2 back escapes

Back

- 2 escapes from hooks
- 1 escape from rear naked choke
- 1 escape from lapel choke

Drills of Free Movement

- 3 minutes standing takedowns
- 3 minutes ground guard passes

Competition

The evaluation will be performed in a competition setting in which student's performance will be evaluated by an instructor.

Physical Conditioning

2 sets of 20 pushups • 4 sets of 50 sit-ups • 2 sets of 30 burpees • Monkeys • Sideways monkeys
Straight legs monkeys • Samurais • Hooks • Outside hooks • Hip escape • Tigers • Climbers • Spiders

Light sparring (rolling) • 2 rounds of 7 minutes with gi • 1 round of 7 minutes no gi

Purple Belt to Brown Belt

18 YEARS OF AGE AND OLDER



For a Purple Belt to be promoted to the rank of Brown Belt the student needs to consistently train 3 times a week for a minimum of one year.

In addition, you will need to volunteer 40 hours as an instructor's assistant in which you will begin to learn how to conduct a class.

Attacks

Mount

- 4 submissions from low mount
- 6 submissions from middle mount
- 3 submissions from high mount
- 3 submissions from the classic mount
- 3 double attacks

Close Guard

- 8 locks
- 8 chokeholds
- 5 double attacks
- 8 sweeps

Open Guard

- Spider guard setup
- 5 submissions
- 5 sweeps

Half Guard

- 5 sweeps
- 2 submissions

Side Control

- 10 chokeholds
- 10 locks

Knee on the Belly

- 2 ways to the back
- 3 chokeholds
- 3 locks

North and South

- 5 chokeholds
- 5 locks

Back

- 8 submissions

Turtle Position

- 3 submissions from the front
- 5 submissions from the side
- 2 submissions from the back
- 4 ways to the back

Foot Lock

- 2 straight foot locks
- 2 toe holds

Leg Lock

- 2 setups

Takedowns

- 4 leg trips
- 3 double legs
- 4 hip tosses
- 3 single legs
- 4 sacrifice takedowns

Escapes and Defenses

Mount

- 6 mount position escapes
- 6 mount submissions escapes

Side Control

- 6 side controls escapes
- 6 side control submission escapes

Guard Passes

- 6 passes
- 6 submission escapes
- 6 open guard passes
- 6 spider guard passes
- 6 half guard passes

Back

- 4 back position escapes
- 4 back submission escapes

Drills of Free Movement

- 3 minutes standing takedowns
- 3 minutes ground guard passes

Competition

The evaluation will be performed in a competition setting in which student's performance will be evaluated by an instructor.

Physical Conditioning

2 sets of 20 pushups • 4 sets of 50 sit-ups • 2 sets of 30 burpees • Full set of the Silva warm-ups

Light sparring (rolling) • 2 rounds of 8 minutes with gi • 1 round of 8 minutes no gi

Brown Belt to Black Belts

20 YEARS OF AGE AND OLDER



For a Brown Belt to be promoted to the rank of Black Belt the student needs to consistently train 3 times a week for a minimum of one year.

In addition, you will need to volunteer 80 hours as a class instructor in which you will begin to conduct a class.

Attacks

Mount

20 submissions
5 double attacks

Close Guard

20 submissions
5 double attacks
10 sweeps

Open Guard

Spider guard setup
5 submissions
5 sweeps

Half Guard

5 sweeps
5 submissions

Side Control

30 Submissions

Knee on the Belly

10 submissions

North and South

15 submissions

Back

10 submissions

Turtle Position

20 submissions

Foot Lock

3 straight foot locks
3 toe holds

Leg Lock

3 setups

Takedowns or Standing Techniques

20 takedowns
5 ways to bring the fight to the ground
5 submissions

Escapes and Defenses

Mount

6 mount position escapes
6 mount submission escapes

Side Control

6 side control escapes
6 side control submission escapes

Guard Passes

6 passes
6 submission escapes
6 open guard passes
6 spider guard passes
6 half guard passes

Back

4 back position escapes
4 back submission escapes

Drills of Free Movement

5 minute standing takedowns
5 minute ground guard passes

Competition

The evaluation will be performed in a competition setting in which student's performance will be evaluated by an instructor.

Physical Conditioning

3 sets of 20 pushups • 4 sets of 50 sit-ups • 3 sets of 30 burpees • Full set of the Silva warm-up

Light sparring (rolling) • 2 rounds of 10 minutes with gi • 1 round of 10 minutes no gi

BJJ Referee

Must know all point systems and referee gestures
Referee a 5 minute match