

UNITED STATES JU-JITSU FEDERATION

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USJJF BRAZILIAN JIU-JITSU RANK REQUIREMENTS

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FOREWORD

Technical Excellence in Martial Arts training is one of **USJJF's** top priorities. As Leaders in the Martial Arts, it is our sacred responsibility to ensure that all of our students receive the best possible "Mentoring" both in technique and philosophy of the Martial Arts.

Martial Art Training is the cornerstone of knowledge and the basis for credible self-defense skill and the perfection of human character. Training in a comprehensive taxonomy of Ju-Jitsu Skills is the "Key" by which the USJJF's Members develop their Martial Art Proficiency and exercise the collective capabilities required in self-defense or competition. Martial Art Training builds Character Development and, when necessary, prepares the Ju-Jitsuka to "Win" if or when confrontation (or combat) cannot be avoided.

While Senior Yudansha determine the direction and goals of training, it is the Dojo Sensei (& Assistant Sensei) who ensure that every training activity or class is well planned and rigorously conducted. These Rank Requirements are designed to guide and assist the Sensei to accomplish his or her goals in teaching the **USJJF BRAZILIAN JIU-JITSU (USJJF-BJJ)** system. The **USJJF-BJJ** Rank System is divided into thirteen separate divisions of training to include:

Posture and Stances	Tachi Waza
Body Movement	Taisabaki Waza
Joint Locking Techniques	Kansetsu Waza
Strangulation Techniques	Shime or Jime Waza
Holding Techniques	Osae Waza
Combination Techniques	Renraku Waza
Throwing/Takedown Techniques	Nage Waza
Breakfall Techniques	Ukemi Waza
Self-Defense Techniques (counter, escapes, avoidance)	Goshinjitsu Waza (Kaeshi, Fusegi, Furimi)
Striking Techniques	Atemi Waza
Blocking Techniques	Uke Waza
Kicking Techniques	Geri Waza
Free Practice	Randori

The **United States Ju-Jitsu Federation**, along with the **World Ju-Jitsu Federation (WJFF) & World Ju-Jitsu Kobudo Organization (WJJKO)**, have established the training doctrine & guidance. The Dojo Sensei should apply these guidelines and assist the USJJF Leadership in the further development & conduct of **USJJF-BJJ** Training. These **USJJF-BJJ** Rank Requirements provide the training & promotion guidelines for USJJF Sensei & students in the areas of martial art history, traditions, techniques, strategy & terminology. From these Rank Requirements, the USJJF will formulate and publish a comprehensive training manual and videos for the **USJJF-BJJ** System.

Our duty as USJJF Leaders is to provide challenging and realistic Martial Arts Training for all of our Members. The National Federation will do its part, and I encourage all USJJF Sensei involved in BJJ to study, understand, and teach the techniques, as well as the Budo Philosophy presented in this manual and on the USJJF Official Website. USJJF Sensei involved in the BJJ must redouble their commitment to accurate & comprehensive **USJJF-BJJ** training, remembering, that Technical Excellence is a "Top Priority" in the **United States Ju-Jitsu Federation**.

I express my most sincere respect to the memory of Hanshi George E. Anderson, our Federation's Founder, for his extensive contributions thru-out his life in helping to produce this **US JU-JITSU** Rank System. I would also like to recognize and give thanks to Sensei Brian Walsh and other members of the USJJF-BJJ Committee for all their technical input on Brazilian Jiu-Jitsu helping to produce the **USJJF-BJJ** Training Curriculum and Rank System. And in closing, I also express my sincere thanks to all Members of our USJJF Technical Committee for their input and support in producing this most comprehensive BJJ training guide.

Bruce R. Bethers, 8th Dan, Shihan
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World Ju-Jitsu Federation-USA
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JUDAN (BLACK BELT, 10TH DEGREE).....

USJJF TECHNICAL COMMITTEE:

Patrick M. Hickey, Kudan,

(Committee Chairman)

Jim Harrison, Kudan

Gene LeBell, Kudan

Robert J. Saal, Kudan

Carl Wilcox, Hachidan

Bruce R. Bethers, Hachidan

Roger A. Jarrett, Hachidan

James R. Webb, Hachidan

Ernest G. McPeck, Hachidan

Toshiaki Takikawa, Hachidan

John F. Chatwood, Hachidan

Robert M. Carver, Shichidan

David E. Parritt, Shichidan

Brian Walsh, Rokudan

USJJF-Brazilian Jiu-Jitsu Rank Requirements

Belt system and its related ages -

1. WHITE – Beginner, any age
2. GREY – 04 to 15 years of age
3. YELLOW – 07 to 15 years of age
4. ORANGE – 10 to 15 years of age
5. GREEN – 13 to 15 years of age
6. BLUE – 16 years of age or older
7. PURPLE – 16 years of age or older
8. BROWN – 18 years of age or older
9. BLACK – 19 years of age or older

Belt system and its minimum times

	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
White																		
Grey																		
Yellow																		
Orange																		
Green																		
Blue																		
Purple																		
Brown																		
Black																		

All candidates for both Kyu and Dan grade promotion in USJJF-BJJ will be assessed by formal examination. The syllabus contained within this document is effective from 15 May 2015.

There are no competition point system requirements for promotion into and within the Kyu and Dan grades of USJJF-BJJ. However, all candidates for promotion Kyu and Dan grade are required to exhibit a

high level of technical knowledge in Brazilian Jiu-Jitsu and be able to apply techniques in free play and competition. The syllabus also requires that candidates demonstrate greater knowledge and higher levels of skill as they progress through the ranks.

Kyu & Dan rank promotion within USJJF is based upon:

- Practical application of Jiu-Jitsu spirit in everyday life
- Knowledge and understanding of Brazilian Jiu-Jitsu
- All-round ability in Brazilian Jiu-Jitsu
- Contribution to Brazilian Jiu-Jitsu and other distinguished accomplishments in USJJF
- Dedication and service to USJJF
- Years of training and time in grade and age

NEW STUDENT, (WHITE BELT after a month 1 stripe)

General Requirements:

This rank is assigned to individuals of good moral character who have been accepted as a student by an officially recognized USJJF-BJJ instructor/Examiner of the USJJF

Basic knowledge of dojo rules, procedures and hygiene.
Regular dojo attendance and training.

Requirements:

Grey Belt or White with center stripe, 4-6 years,

White Belt 2 Stripe (Adult)

General Requirements:

This rank is assigned to individuals of good moral character who have been accepted as a student by an officially recognized USJJF-BJJ instructor/Examiner of the USJJF

Basic knowledge of dojo rules, procedures and hygiene.

Regular dojo attendance and training.

(White Belt -2 stripe)

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by an officially recognized USJJF-BJJ Instructor/Examiner of the USJJF.
2. Basic knowledge of dojo rules, procedures and hygiene.
3. Regular dojo attendance and training.
4. **Must be Member in good standing with the USJJF.**
5. Minimum time in grade & training requirement as a White Belt, two months.

Techniques (Waza)

Students will demonstrate the following techniques

Holding Techniques (Osae Waza)

Side Control: Shark or Alligator Bite & Snake Bite

Back: Back Pack, Boots, hooks or Bronco Horse

Mount: Superman Control

Guard: Butterfly Guard, Closed & Open Guard, Spider Guard

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Shrimp Escape

Crocodile Escape

Break-falling Techniques (Ukemi Waza)

Basic Rear Break-fall (Koho Ukemi)
Basic Side Break-fall (Yoko Ukemi)

Throwing Techniques (Nage Waza)

Leg trip (Osoto-Gari)
Rug Throw or Blast double

Yellow Belt Requirements, 7-9 years:

White Belt -3 stripes (Adult)

General Requirements:

6. This rank is assigned to individuals of good moral character who have been accepted as a student by an officially recognized USJJF-BJJ Instructor/Examiner of the USJJF.
7. Basic knowledge of dojo rules, procedures and hygiene.
8. Regular dojo attendance and training.
9. **Must be Member in good standing with the USJJF.**
10. Minimum time in grade & training requirement as a 2 White Belt, two months.

General Knowledge:

1. Origin of Jiu-Jitsu
2. Translation of “Jiu-Jitsu” (The Gentle Art)
3. Known length of Jiu-Jitsu’s history. (2,000 years)
4. Official National System of Brazilian Jiu-Jitsu as taught by the United States Ju-Jitsu Federation. (**USJJF-BJJ**)

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Arm Lock (Ude Gatame)
Arm Entanglement (Ude Garami)

Holding Techniques (Osae Waza)

Head and Arm or Scarf Hold (Kesa Gatame)

Side Control: Two ways to side control, Shark or Alligator Bite & Snake Bite

Back: Back Pack, Boots, hooks or Bronco Horse

Mount: One way to mount, one way to keep mount & Superman Control

Guard: Butterfly Guard, Closed & Open Guard, Spider Guard

Half Guard:

Break-falling Techniques (Ukemi Waza)

Basic Rear Break-fall (Koho Ukemi)

Basic Side Break-fall (Yoko Ukemi)

Throwing Techniques (Nage Waza)

Advanced foot sweep (De Ashi Harai)

Kick back or Major Outer Reaping (Osoto-Gari)

Hip Throw (Koshi-Guruma)

2 Double Legs: Flared (Morote-Gari) & Blast

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Scissors Sweep

Heel block Sweep

Scarf hold Escape

Shrimping Escape

Alligator Escape

Tornado Guard pass

One way to escape from Mount

One way to pass Half Guard

Competition & Free Practice (Randori)

Competition with wins against 3 yellow or White 3 stripes belts.

Self-Defense Techniques (Goshinjitsu Waza)

Orange Belt Requirements, 10-13 years:

White Belt 4 stripes (Adult):

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by an officially recognized USJJF-BJJ Instructor/Examiner of the USJJF.
2. Basic knowledge of dojo rules, procedures and hygiene.
3. Regular dojo attendance and training.
4. **Must be Member in good standing with the USJJF.**
5. Minimum time in grade & training requirement three months.

General Knowledge:

US JIU-JITSU, “The Official USJJF-BJJ National System”.
Brief overview of the development of BJJ & its historical origins.
Refer to the USJJF Official Website: www.usjjf.org

Basic martial arts etiquette.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Pressing Wrist Lock (Koto Jime)

Elbow Press (Ude Osae)

Holding Techniques (Osae Waza)

Reverse Scarf Hold (Ushiro Kesa Gatame)

Head and Arm or Scarf Hold (Kesa Gatame)

Side Control: Two ways to side control, Shark or Alligator Bite & Snake Bite

Back: Back Pack, Boots, hooks or Bronco Horse

Mount: One way to mount, one way to keep mount & Superman Control

Guard: Butterfly Guard, Closed & Open Guard, Spider Guard

Half Guard:

Choking Techniques (Shime Waza)

Rear Naked Choke

Break-falling Techniques (Ukemi Waza)

Rolling Break-falls (Zempo Ukemi)
Basic Rear Break-fall (Koho Ukemi)
Basic Side Break-fall (Yoko Ukemi)

Throwing Techniques (Nage Waza)

Major Inner Reap (O Uchi Gari)
2 Major Hip Throws (O Goshi / Koshi-Guruma)
Double Leg Flared (Morote-Gari)
Advanced foot sweep (De Ashi Harai)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Scissors Sweep
Heel block Sweep
Scarf hold Escape
Shrimping Escape
Alligator Escape
Tornado Guard pass
Two ways to escape from Mount
One way to pass Half Guard

Competition & Free Practice (Randori)

Competition with wins against 3 yellow or White 4 strips belts.

Self-Defense Techniques (Goshinjitsu Waza)

Green Belt Requirements, 14-15 years;

White Belt 5 stripes (Adult)

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by an officially recognized USJJF-BJJ Instructor/Examiner of the USJJF.
2. Basic knowledge of dojo rules, procedures and hygiene.
3. Regular dojo attendance and training.
4. **Must be Member in good standing with the USJJF.**
5. Minimum time in grade requirement three months.

General Knowledge:

Purpose of Warming Up (Jumbi Undo) and Cooling Off (Shumatsu Undo).
Basic martial arts etiquette.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Elbow Lock (Ude Gatame)

Major Outer Press (O Soto Osae)

Specializing in 3 submissions

Holding Techniques (Osae Waza)

Shoulder hold (Kata Gatame)

Reverse Scarf Hold (Ushiro Kesa Gatame)

North South control

Head and Arm or Scarf Hold (Kesa Gatame)

Side Control: Two ways to side control, one submission

Back: Back control & two Submission

Mount: two ways to keep mount & three submissions

Guard: Butterfly Guard, Closed & Open Guard, Spider Guard

Half Guard:

Choking Techniques (Shime Waza)

Guillotine Choke
Headlock Choke
Rear Naked Choke

Break-falling Techniques (Ukemi Waza)

Rolling Break-falls (Zempo Ukemi)
Basic Rear Break-fall (Koho Ukemi)
Basic Side Break-fall (Yoko Ukemi)
Forward Break-fall
Improved ability of the previous techniques

Throwing Techniques (Nage Waza)

Knee Wheel Throw (Hiza Guruma)
Foot Stop Throw (Sasae Tsuru Komi Ashi)
Floating Hip Throw (Uki Goshi)
2 Major Hip Throws (O Goshi / Koshi-Guruma)
Double Leg Flared (Morote-Gari)
Single leg (Kuchiki Taoshi)
Major Inner Reap (O Uchi Gari)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

One escape side mount, one escape Rear Mount, two escapes full mount
Scissors Sweep
Heel block Sweep
Hooked heel sweep (Grapevine)
Trip sweep
Scarf hold Escape
Guillotine Defense
Head lock defense
Two ways to Guard pass
Two ways to escape from Mount
One way to pass Half Guard
One half Guard reversal

Competition & Free Practice (Randori)

Competition with wins against 3 Orange or White 4 stripes belts.

Self-Defense Techniques (Goshinjitsu Waza)

2nd Degree Green or Green with center stripe Belt Requirements, 14-15 years, provisional Blue Belt.

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by an officially recognized USJJF-BJJ Instructor/Examiner of the USJJF.
2. Basic knowledge of dojo rules, procedures and hygiene.
3. Regular dojo attendance and training.
4. **Must be Member in good standing with the USJJF.**
5. Minimum time in grade requirement three months.

General Knowledge:

Purpose of Warming Up (Jumbi Undo) and Cooling Off (Shumatsu Undo).
Basic martial arts etiquette.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Arm Lock	(Ude Gatame)
Arm Entanglement	(Ude Garami)
Elbow Lock	(Wake Gatame)
Major Outer Press	(O Soto Osae)
Pressing Wrist Lock	(Koto Jime)
Elbow Press	(Ude Osae)

Specializing in 3 submissions

Improved ability of the previous techniques

Holding Techniques (Osae Waza)

Shoulder hold (Kata Gatame)

Reverse Scarf Hold (Ushiro Kesa Gatame)

North South control

Head and Arm or Scarf Hold (Kesa Gatame)

Side Control: Shark or Alligator Bite & Snake Bite

Two ways to side control, one submission

Back: Back Pack, Boots, hooks or Bronco Horse, Back control & two Submission

Mount: Superman Control, two ways to keep mount & three submissions

Guard: Butterfly Guard, Closed & Open Guard, Spider Guard

Half Guard:

Improved ability of the previous techniques

Choking Techniques (Shime Waza)

Guillotine Choke

Headlock Choke

Rear Naked Choke

Improved ability of the previous techniques

Break-falling Techniques (Ukemi Waza)

Rolling Break-falls (Zempo Ukemi)

Basic Rear Break-fall (Koho Ukemi)

Basic Side Break-fall (Yoko Ukemi)

Forward Break-fall

Improved ability of the previous techniques

Throwing Techniques (Nage Waza)

Kick back or Major Outer Reaping (Osoto-Gari)

Rug Throw or Blast double

Knee Wheel Throw (Hiza Guruma)

Foot Stop Throw (Sasae Tsuru Komi Ashi)

Floating Hip Throw (Uki Goshi)

Hip Throw (Koshi-Guruma)

Hip Throws (O Goshi)

Double Leg Flared (Morote-Gari)

Single leg (Kuchiki Taoshi)
Major Inner Reap (O Uchi Gari)
Advanced foot sweep (De Ashi Harai)
Improved ability of the previous techniques

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

One escape side mount, one escape Rear Mount, two escapes full mount
Scissors Sweep
Heel block Sweep
Hooked heel sweep (Grapevine)
Trip sweep
Scarf hold Escape
Guillotine Defense
Head lock defense
Two ways to Guard pass
Two ways to escape from Mount
One way to pass Half Guard
One half Guard reversal
Shrimp Escape
Crocodile Escape
Tornado Guard pass
Improved ability of the previous techniques

Competition & Free Practice (Randori)

Competition with wins against 3 Green or White 4 strips belts.

Self-Defense Techniques (Goshinjitsu Waza)

Blue Belt Requirements, 16 years - Adult:

General Requirements:

1. This rank is assigned to individuals of good moral character who have been accepted as a student by an officially recognized USJJF-BJJ Instructor/Examiner of the USJJF.
2. Basic knowledge of dojo rules, procedures and hygiene.
3. Regular dojo attendance and training. Average length is 10 to 14 months of training with a minimum of 100 to 120 classes. Factors such as above-average class attendance, natural ability, or competing could possibly shortened the time to blue belt.
4. Must be Member in good standing with the USJJF.
5. Minimum time in grade requirement three months.

General Knowledge:

Purpose of Warming Up (Jumbi Undo) and Cooling Off (Shumatsu Undo).
Basic martial arts etiquette.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Arm Lock	(Ude Gatame)
Arm Entanglement	(Ude Garami)
Elbow Lock	(Wake Gatame)
Major Outer Press	(O Soto Osae)
Pressing Wrist Lock	(Koto Jime)
Elbow Press	(Ude Osae)

Specializing in 3 submissions

Improved ability of the previous techniques

Holding Techniques (Osae Waza)

Shoulder hold (Kata Gatame)
Reverse Scarf Hold (Ushiro Kesa Gatame)
North South control
Head and Arm or Scarf Hold (Kesa Gatame)
Side Control: Shark or Alligator Bite & Snake Bite
Two ways to side control, one submission

Back: Back Pack, Boots, hooks or Bronco Horse, Back control & two Submission

Mount: Superman Control, two ways to keep mount & three submissions

Guard: Butterfly Guard, Closed & Open Guard, Spider Guard

Half Guard:

Improved ability of the previous techniques

Choking Techniques (Shime Waza)

Guillotine Choke

Headlock Choke

Rear Naked Choke

Improved ability of the previous techniques

Break-falling Techniques (Ukemi Waza)

Rolling Break-falls (Zempo Ukemi)

Basic Rear Break-fall (Koho Ukemi)

Basic Side Break-fall (Yoko Ukemi)

Forward Break-fall

Improved ability of the previous techniques

Throwing Techniques (Nage Waza)

Kick back or Major Outer Reaping (Osoto-Gari)

Rug Throw or Blast double

Knee Wheel Throw (Hiza Guruma)

Foot Stop Throw (Sasae Tsuru Komi Ashi)

Floating Hip Throw (Uki Goshi)

Hip Throw (Koshi-Guruma)

Hip Throws (O Goshi)

Double Leg Flared (Morote-Gari)

Single leg (Kuchiki Taoshi)

Major Inner Reap (O Uchi Gari)

Advanced foot sweep (De Ashi Harai)

Improved ability of the previous techniques

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

One escape side mount, one escape Rear Mount, two escapes full mount

Scissors Sweep

Heel block Sweep

Hooked heel sweep (Grapevine)

Trip sweep

Scarf hold Escape

Guillotine Defense

Head lock defense

Two ways to Guard pass

Two ways to escape from Mount

One way to pass Half Guard

One half Guard reversal

Shrimp Escape

Crocodile Escape

Tornado Guard pass

Improved ability of the previous techniques

Competition & Free Practice (Randori)

Competition with wins against 3 Green or White 5 stripes belts.

Self-Defense Techniques (Goshinjitsu Waza)

Blue Belt 1 stripe Requirements, 16 years - Adult:

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Must be Member in good standing with the USJJF.

Trained & examined by a certified USJJF-BJJ Instructor/Examiner.

Minimum time in grade requirement, three months.

General Knowledge:

USJJF-BJJ Belt Rank System by belt colors.

Understanding of “Student – Teacher” relationship in the Martial Arts.

Understand Fundamentals of:

Understand the Philosophy of Jiu-Jitsu.

Understand the "Six-Step Process" of Learning Martial Arts.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza) & **Choking Techniques** (Shime Waza)

Inward wrist lock (Kote Hineri)

Outward Wrist lock (kote Gaeshi)

Three submissions for guard

Three submissions for mount

Tree submissions from side control

Two submissions from back control

Two submissions from knee on belly

One combined double chained submission

Holding Techniques (Osae Waza)

Side quarters hold (Yoko Shiho Gatame)

Half guard lock downs

Break-falling Techniques (Ukemi Waza)

Standing Side Breakfall (Tachi Ukemi)

Back Roll (Ushiro Zempo Ukemi)

Basic Front fall (Mae Ukemi)

Throwing Techniques (Nage Waza)

Shoulder Throw (Seoi Nage)

Elbow Drop (Hiki Otoshi)

Improved ability of throws and takedowns

Single leg (Kuchiki Taoshi)

Two variations of Double Leg Flared (Morote-Gari)

Two variations of Hip throws

One variations of leg throw

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

One way to escape side-mount

One way to escape knee-on-belly

One way to pass half-guard

One way to sweep from half-guard

One way to defend the guillotine both standing & on ground

One way to defend the headlock both standing & on ground

Two ways to escape mount

Three different ways to sweep an opponent

Three different ways to pass guard to side control

Competition & Free Practice (Randori)

Competition with wins against Blue belts.

Blue Belt 2 stripe Requirements, 16 years - Adult:

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USJJF-BJJ Instructor/Examiner.

Minimum time in grade requirement, three months.

General Knowledge:

Understanding the purpose of breakfalling. (Ukemi).

Understand the importance of "Center" (Hara).

Understanding of "Spirit" (Ki).

Understand Fundamentals of:

Understand the basic concept of breaking your opponent's balance & controlling his off-balance. (Happo-No-Kuzushi).

Understand the training concept of the "Attacker" (Uke) & the "Defender" (Tori).

Randori skills (recommended as supplemental training).

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Circular Wrist Lock (Kote Mawashi)

Leaf Turn Wrist Lock (Kanoa Gaeshi)

Hand Mirror (Te Garami)

Arm Wing Lock (ude Henkan Gatame)

Specializing in 3 submissions

Choking Techniques (Shime Waza)

Single Cross lock (1) (Kata-Juji-Jime)

Headlock Choke

Rear Naked Choke

Holding Techniques (Osae Waza)

Reverse Scarf Hold (Ushiro Kesa Gatame)

Upper Quarter Hold (Kami Shiho Gatame) North South control

Guard: Butterfly Guard, Open Guard, Spider Guard

Half Guard:

Break-falling Techniques (Ukemi Waza)

Standing Side Breakfall (Tachi Ukemi)

Back Roll (Ushiro Zempo Ukemi)

Basic Front fall (Mae Ukemi)

Throwing Techniques (Nage Waza)

Minor outside Reaping Throw (Ko Soto Gari)

Minor inside Reaping Throw (Ko Uchi Gari)

Double Leg Flared (Morote-Gari)

Single leg (Kuchiki Taoshi)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Single cross wrist grip

Two on one arm Grip
Double wrist Grip
Front & Rear Bear Hug.

Competition & Free Practice (Randori)

Competition with wins against 3 Green or White 5 stripes belts.

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against Blue 1 stripe belts.

Blue Belt 3 stripe Requirements, 16 years - Adult:

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USJJF-BJJ Instructor/Examiner.

Minimum time in grade requirement, four months.

General Knowledge:

Understand the fundamentals of escapes (fusegi waza), counters (kaeshi waza) and combination (renroku waza) techniques.

Understand Fundamentals of:

Understand the fundamental concept of "Movement Strategy" (fumiri waza and taisabaki waza) in Jiu-Jitsu

Understand the fundamental "key" points of Jiu-Jitsu techniques and how to perform with maximum efficiency.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Outward Elbow twist Lock (Soto Ude Gaeshi)
Thumb Lock (Yubi Gatame)
Elbow Lock (Hiji Gatame)
Arm Wing Lock (Ude Henkan Gatame)

Choking Techniques (Shime Waza)

Single Cross lock (1) (Kata-Juji-Jime)
Reverse Cross Lock (Gyaku-Juji-Jimi)

Holding Techniques (Osae Waza)

Reverse Scarf Hold (Ushiro Kesa Gatame)
Modified Scarf Hold (Kuzure Kesa Gatame)
Upper Quarter Hold (Kami Shiho Gatame) North South control

Break-falling Techniques (Ukemi Waza)

Forward Roll (Zempo Kaiten Ukemi)
Back Roll (Ushiro Zempo Ukemi)
Front fall (Mae Ukemi)
Standing Side Breakfall (Tachi Ukemi)

Throwing Techniques (Nage Waza)

Hip Wheel Throw (Koshi Guruma)
Lift / Pull Hip Throw (Tsuru Komi Goshi)
Minor outside Reaping Throw (Ko Soto Gari)
Minor inside Reaping Throw (Ko Uchi Gari)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Single cross wrist grip
Two on one arm Grip
Double wrist Grip
Front & Rear Bear Hug. (Arms out & lock)

Competition & Free Practice (Randori)

Competition with wins against blue 3 stripes belts.

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against Blue 2 stripe belts.

Blue Belt 4 stripe Requirements, 16 years - Adult:

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USJJF-BJJ Instructor/Examiner.

Minimum time in grade requirement, four months.

General Knowledge:

Know the Historical Development of Ju-Jitsu.

Understand Fundamentals of:

Understand the fundamental "key" points of Ju-Jitsu techniques and how to perform with maximum efficiency.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Inward Elbow Twist lock (Uchi Ude Gaeshi)

Wrist Twist Lock (Kote Hineri)

Outward Elbow twist Lock (Soto Ude Gaeshi)

Elbow Lock (Hiji Gatame)

Choking Techniques (Shime Waza)

Normal Cross lock (Nami-juji-Jime)

Single Cross lock (Kata-Juji-Jime)

Reverse Cross Lock (Gyaku-Juji-Jimi)

Side Choke

Holding Techniques (Osae Waza)

Reverse Scarf Hold (Ushiro Kesa Gatame)
Modified Scarf Hold (Kuzure Kesa Gatame)
Upper Quarter Hold (Kami Shiho Gatame) North South control

Break-falling Techniques (Ukemi Waza)

Forward Roll (Zempo Kaiten Ukemi)
Back Roll (Ushiro Zempo Ukemi)
Front fall (Mae Ukemi)
Standing Side Breakfall (Tachi Ukemi)

Throwing Techniques (Nage Waza)

4 Direction Throw (Shiho Nage)
Hip Wheel Throw (Koshi Guruma)
Lift / Pull Hip Throw (Tsuru Komi Goshi)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Defense against Side chokes
Defense against Double Lapel chokes

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against blue 3 stripes belts.

Blue Belt 5 stripe Requirements, 16 years - Adult:

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USJJF-BJJ Instructor/Examiner.

Minimum time in grade requirement, four months.

General Knowledge:

Know the Historical Development of Ju-Jitsu.

Understand Fundamentals of:

Understand the fundamental "key" points of Ju-Jitsu techniques and how to perform with maximum efficiency.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Circular Wrist Lock (Kote Mawashi)

Leaf Turn Wrist Lock (Kanoa Gaeshi)

Hand Mirror (Te Garami)

Arm Wing Lock (Ude Henkan Gatame)

Inward wrist lock (Kote Hineri)

Outward Wrist lock (kote Gaeshi)

Inward Elbow Twist lock (Uchi Ude Gaeshi)

Wrist Twist Lock (Kote Hineri)

Outward Elbow twist Lock (Soto Ude Gaeshi)

Elbow Lock (Hiji Gatame)

Three Joint Locks from guard

Three Joint Locks from mount

Tree Joint Locks from side control

Two Joint Locks from back control

Two Joint Locks from knee on belly

One combined double chained submission

Choking Techniques (Shime Waza)

Headlock Choke

Rear Naked Choke

Normal Cross lock (Nami-juji-Jime)

Single Cross lock (Kata-Juji-Jime)

Reverse Cross Lock (Gyaku-Juji-Jimi)

Side Choke

Three Chokes from guard

Three Chokes from mount

Tree Chokes from side control

Two Chokes from back control

Two Chokes from knee on belly

One combined double chained submission

Holding Techniques (Osae Waza)

Guard: Butterfly Guard, Open Guard, Spider Guard

Half Guard

Reverse Scarf Hold (Ushiro Kesa Gatame)

Modified Scarf Hold (Kuzure Kesa Gatame)

Upper Quarter Hold (Kami Shiho Gatame) North South control

Break-falling Techniques (Ukemi Waza)

Standing Side Breakfall (Tachi Ukemi)

Back Roll (Ushiro Zempo Ukemi)

Forward Roll (Zempo Kaiten Ukemi)

Front fall (Mae Ukemi)

Standing Side Breakfall (Tachi Ukemi)

Throwing Techniques (Nage Waza)

Shoulder Throw (Seoi Nage)

Elbow Drop (Hiki Otoshi)

Minor outside Reaping Throw (Ko Soto Gari)

Minor inside Reaping Throw (Ko Uchi Gari)

Double Leg Flared (Morote-Gari)

4 Direction Throw (Shiho Nage)

Hip Wheel Throw (Koshi Guruma)

Lift / Pull Hip Throw (Tsuru Komi Goshi)

Single leg (Kuchiki Taoshi)

Two variations of Hip throws

One variations of leg throw

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

One way to escape side-mount

One way to escape knee-on-belly

One way to pass half-guard

One way to sweep from half-guard

One way to defend the guillotine both standing & on ground

One way to defend the headlock both standing & on ground

Two ways to escape mount

Three different ways to sweep an opponent

Three different ways to pass guard to side control

Defense against Side chokes

Defense against Double Lapel chokes
Single cross wrist grip
Two on one arm Grip
Double wrist Grip
Front & Rear Bear Hug.

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against blue 4 stripes belts.

Purple Belt Requirements, 16 years - Adult:

General Requirements:

Sound moral character.
Regular dojo attendance and training. An average of 3 years of training.
With a minimum of 360 classes, above-average class attendance, natural ability, or competing could possibly shortened the time to Purple belt
Member in good standing with the USJJF.
Trained & examined by a certified USJJF-BJJ Instructor/Examiner.
Minimum time in grade requirement, four months.

General Knowledge:

Improved ability in previous rank requirements.
Ability to teach the fundamental Jiu-Jitsu skills.
Ability to explain the general concepts & foundations of US JIU-JITSU.

Understand Fundamentals of:

Understand the basic concept of Body Movements

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza) & **Choking Techniques** (Shime Waza)

Two Double submission attacks
Two submissions from Back control
Two submissions from knee on Belly

Three submissions from side control
Five submissions from mount
Five submissions from guard

Holding Techniques (Osae Waza)

All previous

Break-falling Techniques (Ukemi Waza)

All previous

Throwing Techniques (Nage Waza)

One leg throw
Two double legs
Two single legs
Four hip throws

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

One escape from side control
One escape from rear mount
One way to escape knee on belly
Two ways to escape mount
Two sweeps from half-guard
Two half-guard passes
Two ways to guillotine standing & ground
Two ways to the headlock standing & ground
Five ways to pass guard to side control
Five ways to sweep an opponent.

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 Blue belts 5 Stripes

Purple Belt 1 stripe Requirements, 16 years - Adult:

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USJJF-BJJ Instructor/Examiner.

Minimum time in grade requirement, four months.

General Knowledge:

Improved ability in previous rank requirements.

Ability to teach the fundamental Jiu-Jitsu skills.

Ability to explain the general concepts & foundations of BJJ.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Entangled Arm lock (Ude Garami (Sho & Ni))

Cross Arm Lock Juji Gatame (Sho & Ni))

Wrist Press (Tekubi Osae)

Wrist Wrapping Lock (Kote Mawashi)

Choking Techniques (Shime Waza)

Single Cross Lock #2 (Kata-Juji-Jime Ni)

Reverse Cross Lock #2 (Gyaku-Juji-Jime Ni)

Normal Cross lock #1 (Nami-Juji-Jime)

Half and Full Nelson

Holding Techniques (Osae Waza)

All previous

Break-falling Techniques (Ukemi Waza)

All previous

Throwing Techniques (Nage Waza)

Gathering Foot Sweep (Okuri Ashi Harai)
Body Drop Throw (Tai Otoshi)
Sweeping Hip Throw (Harai Goshi)
Inside Thigh Throw, Mule Kick (Uchi Mata)
Mountain Storm Throw (Yama Arashi)
Elbow Lock Throw (Tenbin Nage)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Defense to Half and full Nelson
Defense to Head lock
Defense to Rear Naked choke
All previous

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 purple belts

Purple Belt 2 stripe Requirements, 16 years - Adult:

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USJJF-BJJ Instructor/Examiner.

Minimum time in grade requirement, six months.

General Knowledge:

Improved ability to teach fundamental Jiu-Jitsu skills.

Write an essay (approx. 500 words) on the historical significance of the transition of Bu-Jutsu to Budo.

Understand basic First Aid for common Dojo injuries.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Entangled Arm lock #3 (Ude Garami San)

Cross Arm Lock #3 (Juji Gatame San)

Knee lock Press (Hiza Kansetsu Osae)

Choking Techniques (Shime Waza)

Single Cross Lock #3 (Kata-Juji-Jime San)

Reverse Cross Lock #3 (Gyaku-Juji-Jime San)

Normal Cross lock #2 (Nami-Juji-Jime Ni)

Naked choke #1 & 2 (Hadaka –Jime Sho & Ni)

Holding Techniques (Osae Waza)

Improved ability in all previous positions

Ability to teach all previous positions

Break-falling Techniques (Ukemi Waza)

Improved ability in all previous Break-falls

Ability to teach all previous Break-falls

Throwing Techniques (Nage Waza)

Minor Outside Dash (Ko Soto Gake)

Pulling Hip Throw (Tsuru Goshi)

Side Body Drop (Yoko Otoshi)

Leg Wheel Throw (Ashi Guruma)

Entering Throw (Irime Nage)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes

Ability to teach all previous Counters and Escapes

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 purple belts 1 stripe

Purple Belt 3 stripe Requirements, 16 years - Adult:

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USJJF-BJJ Instructor/Examiner.

Minimum time in grade requirement, six months.

General Knowledge:

Ability to explain & demonstrate primary important points in the study of Jiu-Jitsu (form, balance, center of gravity, concentration of power, speed, rhythm, timing, lower abdomen & hip control, as well as discipline of training).

Understand the importance of the development of character.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza)

Entangled Arm lock #4 (Ude Garami Yon)

Cross Arm Lock #4 (Juji Gatame Yon)

Stomach Arm lock (Ude Hara Gatame)

Choking Techniques (Shime Waza)

Single Wing Lock #1,2 & 3 (Kata-Juji-Jime Sho-San)

Reverse Cross Lock #4 (Gyaku-Juji-Jime Yon)

Normal Cross lock #2 (Nami-Juji-Jime Ni)

Naked choke #3 & 4 (Hadaka –Jime San & Yon)

Holding Techniques (Osae Waza)

Improved ability in all previous positions

Ability to teach all previous positions

Break-falling Techniques (Ukemi Waza)

Improved ability in all previous Break-falls

Ability to teach all previous Break-falls

Throwing Techniques (Nage Waza)

Spring hip Throw (Hane Goshi)

Sweeping Lift/Pull foot Throw (Harai Tsuru Komi Ashi)

Circle Throw (Tomoe Nage)

Shoulder Wheel Throw (Kata Guruma)

Waist Throw (Koshi Nage)

Wheel Throw (Kaiten Nage)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes

Ability to teach all previous Counters and Escapes

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 purple belts 2 stripe

Purple Belt 4 stripe Requirements, 16 years - Adult:

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USJJF-BJJ Instructor/Examiner.

Minimum time in grade requirement, six months.

General Knowledge:

Ability to explain & demonstrate all previous BJJ techniques.

Joint Locking (Kansetsu Waza)

Entangled Arm lock all variations (Ude Garami)
Cross Arm Lock all variations (Juji Gatame)
Stomach Arm lock all variations (Ude Hara Gatame)

Choking Techniques (Shime Waza)

Single Wing Lock all variations (Kata-Juji-Jime)
Reverse Cross Lock all variations (Gyaku-Juji-Jime)
Normal Cross lock all variations (Nami-Juji-Jime)
Naked choke all variations (Hadaka –Jime)

Holding Techniques (Osae Waza)

Improved ability in all previous positions
Ability to teach all previous positions

Break-falling Techniques (Ukemi Waza)

Improved ability in all previous Break-falls
Ability to teach all previous Break-falls

Throwing Techniques (Nage Waza)

Spring hip Throw (Hane Goshi)
Circle Throw into arm bar / Triangle choke (Tomoe Nage)
Shoulder Wheel Throw (Kata Guruma)
Waist Throw (Koshi Nage)
Wheel Throw (Kaiten Nage)
Minor Outside Dash #2(Ko Soto Gake Ni)
Pulling Hip Throw #2 (Tsuru Goshi Ni)
Side Body Drop #2&3 (Yoko Otoshi Sho Ni)
Entering Throw #2 & 3(Irime Nage Ni San)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes

Ability to teach all previous Counters and Escapes

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 purple belts 3 stripe

Purple Belt 5 stripe Requirements, 16 years - Adult:

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USJJF-BJJ Instructor/Examiner.

Minimum time in grade requirement, six months.

General Knowledge:

Ability to explain, teach & demonstrate all previous Jiu-jitsu techniques.

General Knowledge:

Improved ability in previous rank requirements.

Ability to teach the fundamental BJJ skills.

Ability to explain the general concepts & foundations of BJJ.

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza) &

Improved ability in all previous joint locks

Ability to teach all previous joint locks

Entangled Arm lock all variations (Ude Garami)

Cross Arm Lock all variations (Juji Gatame)

Stomach Arm lock all variations (Ude Hara Gatame)

Knee lock Press all variations (Hiza Kansetsu Osae)

Two Double submission attacks

Two submissions from Back control

Two submissions from knee on Belly

Three submissions from side control

Five submissions from mount

Five submissions from guard

Choking Techniques (Shime Waza)

Improved ability in all previous Chokes

Ability to teach all previous Chokes

Single Wing Lock all variations (Kata-Juji-Jime)

Reverse Cross Lock all variations (Gyaku-Juji-Jime)

Normal Cross lock all variations (Nami-Juji-Jime)

Naked choke all variations (Hadaka –Jime)

Two Double submission attacks

Two submissions from Back control

Two submissions from knee on Belly

Three submissions from side control

Five submissions from mount

Five submissions from guard

Holding Techniques (Osae Waza)

Improved ability in all previous positions

Ability to teach all previous positions

Break-falling Techniques (Ukemi Waza)

Improved ability in all previous Break-falls

Ability to teach all previous Break-falls

Throwing Techniques (Nage Waza)

Spring hip Throw (Hane Goshi)

Circle Throw (Tomoe Nage)

Shoulder Wheel Throw (Kata Guruma)

Waist Throw (Koshi Nage)

Wheel Throw (Kaiten Nage)

Minor Outside Dash all variations (Ko Soto Gake)

Pulling Hip Throw all variations (Tsuru Goshi)

Side Body Drop all variations (Yoko Otoshi Sho)
Entering Throw all variations (Irime Nage)

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes
Ability to teach all previous Counters and Escapes
One escape from side control
One escape from rear mount
One way to escape knee on belly
Two ways to escape mount
Two sweeps from half-guard
Two half-guard passes
Two ways to guillotine standing & ground
Two ways to the headlock standing & ground
Five ways to pass guard to side control
Five ways to sweep an opponent.

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 Blue belts 5 Stripes

Brown Belt Requirements, 18 years - Adult:

General Requirements:

Sound moral character.

Regular dojo attendance and training.

Member in good standing with the USJJF.

Trained & examined by a certified USJJF-BJJ Instructor/Examiner.

An average of 6 years of training, minimum of 750 classes. Factors such as above-average class attendance, natural ability, or competing could possibly shortened the time to brown belt.

Minimum time in grade requirement, 9 Months.

Normal time in grade, 12-16 Months

General Knowledge:

Understand the relationship between Jiu-Jitsu & physical/mental fitness.
Understand the USJJF Rank System with the significance of each belt level.

Write an essay (approx. 500 words) on your personal goals & objectives as they relate to your study of US Jiu-Jitsu.

Understand Basic Resuscitation Techniques (Kappo).

Techniques (Waza)

Students will demonstrate the following techniques

Joint Locking (Kansetsu Waza) & **Choking Techniques** (Shime Waza)

Improved ability in all previous Submissions

Ability to teach all previous Submissions

Three Double submission attacks

Three submissions from Back control

Three submissions from knee on Belly

Five submissions from side control

Six submissions from mount

Six submissions from guard

Holding Techniques (Osae Waza)

Improved ability in all previous positions

Ability to teach all previous positions

Break-falling Techniques (Ukemi Waza)

Improved ability in all previous Break-falls

Ability to teach all previous Break-falls

Throwing Techniques (Nage Waza)

Improved ability in all previous Throws

Ability to teach all previous Throws

Specialization in:

One leg throw

Two double legs

Two single legs

Six hip throws

Countering & Escapes Techniques (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes

Ability to teach all previous Counters and Escapes

Two escape from side control

Two escape from rear mount

Two way to escape knee on belly

Three ways to escape mount

Three sweeps from half-guard

Three half-guard passes

Three ways to guillotine standing & ground

Three ways to the headlock standing & ground

Six ways to pass guard to side control

Six ways to sweep an opponent

Six ways to

Self-Defense Techniques (Goshinjitsu Waza)

Competition & Free Practice (Randori)

Competition with wins against 3 purple belts 5 stripe

Black Belt Requirements, 19 years - Adult:

Master all the previous rank requirements and be able to perform these at a 95% level. An average of 8 years of training and a demonstration. Belt promotions are always at the discretion of the head instructor. Factors such as above-average class attendance, natural ability, or competing could possibly shortened the time to brown belt, while a poor mind-set, bad temper, or a lack of universal morality outside the school could lengthen it.

Competition with wins against 3 Black belts.