



## Children's BJJ White Belt

Minimum Time in Training: 8 Months

### 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
- Guard
- Knee-on-belly
- Side control
- Mount
- Back control

### III - Competition Rules

- Review & understand the rules of IBJJF style sparring

### IIII - Sparring

- Demonstrate competency & control during free sparring



## Children's BJJ Grey/White Belt

Minimum Time in Training: 8 Months

### I - Fundamental movements

- Forward shoulder roll, Backward shoulder roll, Wrestling shots, Side sprawls, Leg pummeling
- 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 position
- 4 Sweeps from any position
- 4 Submissions from any position

### IV - Sparring

- Demonstrate improved competency & control during free sparring



## Children's BJJ Grey Belt

Minimum Time in Training: 8 Months

### I - Fundamental movements

- Granby rolls, Triangle leg raises, Handstands, Technical stand-ups, Spiderman sit-outs

### II - Defense

- 2 Escapes from bottom turtle
- 2 Escapes from knee on belly
- 2 Escapes from north/south
- 4 Submission defenses from any position

### III - Offense

- 2 Chained takedowns from standing
- 2 Chained guard passes from any position
- 2 Chained sweeps from any position
- 2 Chained submissions from any position

### IIII - Sparring

- Demonstrate improved competency & control during free sparring