

***USA JIU-JITSU***  
***(USAJJ) ®***  
***RANK REQUIREMENTS***



***UNITED STATES***  
***JU-JITSU FEDERATION ®***

**- NATIONAL OFFICE -**

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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 Jiu-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 **USA JIU-JITSU (USAJJ) ®** system. The **USAJJ** Rank System for BJJ - GRAPPLING is divided into Nine separate divisions of training to include:

1. **Joint Locking** (Kansetsu Waza)
2. **Choking Techniques** (Shime Waza)
3. **Holding Techniques** (Osae Waza)
4. **Break-falling Techniques** (Ukemi Waza)
5. **Throwing Techniques** (Nage Waza)
6. **Countering Techniques** (Kaeshi Waza)
7. **Escapes Techniques** (Fusegi Waza)
8. **Self-Defense Techniques** (Goshinjitsu Waza)  
(Striking, Kicking, Blocking, Body Movement, Posture and Stances)
9. **Competition & Free Practice** (Shiai & Randori)

The **United States Ju-Jitsu Federation (USJJF)** along with the **Panamerican Jiu-Jitsu Federation (PJJF)**, **World Ju-Jitsu Federation (WJJF)** and **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 **USAJJ** Training. These **USAJJ** ® 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 **USAJJ** ® 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 **USAJJ** ® 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 **USA JIU-JITSU** ® Rank System. I would also like to recognize and give thanks to Sensei Brian Walsh and other members of the USAJJ (BJJ & Grappling) Committee for all their technical input on Brazilian Jiu-Jitsu helping to produce the **USAJJ** ® 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, 8<sup>th</sup> Dan, Shihan*  
President and CEO -  
United States Ju-Jitsu Federation (USJJF)  
USA Representative –  
Panamerican Jiu-Jitsu Federation (PJJF)  
World Ju-Jitsu Federation (WJJF),  
World Ju-Jitsu Kobudo Organization (WJJKO)

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## **USAJJ (BJJ & GRAPPLING) COMMITTEE:**

- Brian Walsh, Chairman**
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  - **Dionisio de la Torre, Jr.**
  - **Micheal Rosenquist**



## **USA Jiu-Jitsu (USAJJ) ® Rank Requirements**

### **Belt system and its related age requirements -**

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 USA JIU-JITSU ® USJJF’s BJJ – Grappling Program will be assessed by formal examination. The syllabus contained within this document is updated as of 15 May 2015.

There is no competition “point system” requirements for promotion into and within the Kyu and Dan grades of USAJJ ®. However, all candidates for promotion Kyu and Dan grade are required to exhibit a high level of technical knowledge in Grappling / BJJ 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 USA Jiu-Jitsu ®
- All-round ability in USA Jiu-Jitsu ®
- Contribution to USA Jiu-Jitsu ® and other distinguished accomplishments in USJJF
- Dedication, leadership 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 a recognized USAJJ ® Instructor/Examiner.  
Basic knowledge of dojo rules, procedures and hygiene.  
Regular dojo attendance and training.

## **Grey Belt or White with center stripe (4-6), Requirements: 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 a recognized USAJJ ® instructor/Examiner.  
Basic knowledge of dojo rules, procedures and hygiene.  
Regular dojo attendance and training.

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## **General Requirements:**

1. This rank is assigned to individuals of good moral character who have been accepted as a student by a recognized USAJJ ® Instructor/Examiner.
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 (O-Soto-Gari)

Rug Throw or Blast double

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## 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 a recognized USAJJ ® Instructor/Examiner.
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 USA Jiu-Jitsu as taught by the United States Jiu-Jitsu Federation.

### 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 a recognized USAJJ ® Instructor/Examiner.
1. Basic knowledge of dojo rules, procedures and hygiene.
2. Regular dojo attendance and training.
3. **Must be Member in good standing with the USJJF.**
4. Minimum time in grade & training requirement three months.

## **General Knowledge:**

Brief overview of the development of USA JIU-JITSU ® USJJF's BJJ – Grappling Program and its historical origins.

Refer to the USJJF Official Website: [www.usjff.org](http://www.usjff.org) and [www.usajjhg.org](http://www.usajjhg.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

### **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 a recognized USAJJ ® Instructor/Examiner.
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 (Wake 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)

## **2<sup>nd</sup> 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 a recognized USAJJ ® Instructor/Examiner.
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)
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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

### **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 a recognized USAJJ ® Instructor/Examiner.
2. Age requirement 16 years old and older.
3. Basic knowledge of dojo rules, procedures and hygiene.
4. 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 shorten the time to blue belt.
5. Must be Member in good standing with the USJJF.
6. 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

<b><u>Joint Locking</u></b>	(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 USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, three months.

**General Knowledge:**

USJJF Belt Rank System by belt colors.

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

**Understand Fundamentals of:**

Understand the Philosophy of USA Jiu-Jitsu ® (BJJ - Grappling).

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

Three 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 USAJJ ® Instructor/Examiner.  
Minimum time in grade requirement, three months.

### **General Knowledge:**

Understanding the purpose of break falling. (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 (method 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 USAJJ ® 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 USA 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

<b><u>Joint Locking</u></b>	(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 method 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 USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, four months.

## General Knowledge:

Know the Historical Development of USA Jiu-Jitsu ® (BJJ - Grappling).

## Understand Fundamentals of:

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

## Techniques (Waza)

Students will demonstrate the following techniques

### Joint Locking

Inward Elbow Twist lock

Wrist Twist Lock

Outward Elbow Twist Lock

Elbow Lock

(Kansetsu Waza)

(Uchi Ude Gaeshi)

(Kote Hineri)

(Soto Ude Gaeshi)

(Hiji Gatame)

### Choking Techniques (Shime Waza)

Normal Cross lock

Single Cross lock

Reverse Cross Lock

Side Choke

(Nami-juji-Jime)

(Kata-Juji-Jime)

(Gyaku-Juji-Jimi)

### Holding Techniques (Osae Waza)

Reverse Scarf Hold

Modified Scarf Hold

Upper Quarter Hold

control

(Ushiro Kesa Gatame)

(Kuzure Kesa Gatame)

(Kami Shiho Gatame) North South

**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 USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, four months.

**General Knowledge:**

Know the Historical Development of USA Jiu-Jitsu ® (BJJ - Grappling).

**Understand Fundamentals of:**

Understand the fundamental "key" points of USA Jiu-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)

Elbow Drop (Hiki Otoshi)  
Shoulder Throw (Seoi Nage)  
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 USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, four months.

**General Knowledge:**

Improved ability in previous rank requirements.

Ability to teach the fundamental USA Jiu-Jitsu ® skills.

Ability to explain the general concepts & foundations of USA 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 USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, four months.

**General Knowledge:**

Improved ability in previous rank requirements.

Ability to teach the fundamental USA Jiu-Jitsu ® skills.

Ability to explain the general concepts & foundations of USA JIU-JITSU ®.

**Techniques (Waza)**

Students will demonstrate the following techniques

**Joint Locking** (Kansetsu Waza)

Entangled Arm lock	(method 1 & 2)	(Ude Garami)
Cross Arm Lock	(method 1 & 2)	(Juji Gatame)
Wrist Press		(Tekubi Osae)
Wrist Wrapping Lock		(Kote Mawashi)

**Choking Techniques** (Shime Waza)

Single Cross Lock	(method 2)	(Kata-Juji-Jime Ni)
Reverse Cross Lock	(method 2)	(Gyaku-Juji-Jime Ni)
Normal Cross lock	(method 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 USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, six months.

### General Knowledge:

Improved ability to teach fundamental USA Jiu-Jitsu ® skills.

Write an essay (approx. 500 words) on the historical significance of the transition of Bu-Jutsu (warfare) 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 (method 3) (Ude Garami San)



Cross Arm Lock (method 3) (Juji Gatame San)

Knee lock Press (Hiza Kansetsu Osae)

**Choking Techniques** (Shime Waza)

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

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

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

Naked choke (method1 & 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 (Irimi 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 USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, six months.

### General Knowledge:

Ability to explain & demonstrate primary important points in the study of USA 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	(method 4)	(Ude Garami Yon)
Cross Arm Lock	(method 4)	(Juji Gatame Yon)
Stomach Arm lock		(Ude Hara Gatame)

#### Choking Techniques (Shime Waza)

Single Wing Lock	(method 1, 2 & 3)	(Kata-Juji-Jime Sho-San)
Reverse Cross Lock	(method 4)	(Gyaku-Juji-Jime Yon)
Normal Cross lock	(method 2)	(Nami-Juji-Jime Ni)
Naked choke	(method 3 & 4)	(Hadaka –Jime San & Yon)
<u>Holding Techniques</u>	(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 USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, six months.

**General Knowledge:**

Ability to explain & demonstrate all previous Jiu-Jitsu 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 (method 2) (Ko Soto Gake Ni)  
Pulling Hip Throw (methods 2) (Tsuru Goshi Ni)  
Side Body Drop (methods 2 & 3) (Yoko Otoshi Sho Ni)  
Entering Throw (methods 2 & 3) (Irimi 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 USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, six months.

### General Knowledge:

Ability to explain, teach & demonstrate all previous USA Jiu-Jitsu ® techniques.

### General Knowledge:

Improved ability in previous rank requirements.

Ability to teach the fundamental Jiu-Jitsu skills.

Ability to explain the general concepts & foundations of USA JIU-JITSU ®.

### 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 Joint Locking submission attacks

Two Joint Locking submissions from Back control

Two Joint Locking submissions from knee on Belly

Three Joint Locking submissions from side control

Five Joint Locking submissions from mount

Five Joint Locking 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 Choking Techniques submission attacks

Two Choking Techniques submissions from Back control

Two Choking Techniques submissions from knee on Belly

Three Choking Techniques submissions from side control

Five Choking Techniques submissions from mount

Five Choking Techniques 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 USAJJ ® 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 shorten the time to brown belt.

Minimum time in grade requirement, 9 Months.

Normal time in grade, 12-16 Months

### **General Knowledge:**

Understand Jiu-Jitsu mental fitness.

Understand the USAJJ ® 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 USA 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

**Self-Defense Techniques** (Goshinjitsu Waza)

**Competition & Free Practice** (Randori)

Competition with wins against 3 purple belts 5 stripe

## **Brown Belt 1 Stripe 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 USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, 6 Months.

### **General Knowledge:**

Understand Jiu-Jitsu physical fitness.

Understand Basic Resuscitation Techniques (Kappo).

### **Techniques (Waza)**

Students will demonstrate the following techniques

**Joint Locking** (Kansetsu Waza)

Improved ability in all previous Submissions

Ability to teach all previous Submissions

Escapes for all previous joint locks

Leg Armlock (Ude Ashi Gatame)

**Choking Techniques** (Shime Waza)

Improved ability in all previous Choking techniques

Ability to teach all previous Choking techniques

Escapes for all previous choking techniques

Sliding Lapel Lock (methods 1& 2) (Okuri-Eri Jime Sho & Ni)

Hell Strangle (Jioku-Jime)

Two Hand Necklock (Ryote 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)

Improved ability in all previous Throws  
Ability to teach all previous Throws  
Escapes for all previous throws  
Corner throw (Sumi Gaeshi)  
Valley Drop (Tani Otoshi)

**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 Brown belts

## **Brown Belt 2 Stripe 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 USAJJ ® Instructor/Examiner.  
Minimum time in grade requirement, 6 Months.

## **General Knowledge:**

Understand the relationship between Jiu-Jitsu & physical/mental fitness.  
Understand the USA JIU-JITSU ® USJJF's BJJ – Grappling Rank System with the significance of each belt level.  
Understand Basic Resuscitation Techniques (Kappo).

## **Techniques (Waza)**

Students will demonstrate the following techniques

### **Joint Locking** (Kansetsu Waza)

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

Escapes for all previous joint locks  
Leg Lock (Ashi Gatame)

### **Choking Techniques** (Shime Waza)

Improved ability in all previous Choking techniques  
Ability to teach all previous Choking techniques  
Escapes for all previous choking techniques

Sliding Lapel Lock	(methods 3 & 4)	(Okuri-Eri Jime San & Yon)
Hell Strangle	(methods 2 & 3)	(Jioku-Jime Ni & San)
Two Hand Necklock 2		(Ryote Jime Ni)
Triangle Choke		(Sankaku-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)

Improved ability in all previous Throws  
Ability to teach all previous Throws  
Escapes for all previous throws  
Springing/Winding Pull Throw (Hane Makikomi)

Scooping Throw	(Sukui Nage)
Corner throw	(Sumi Gaeshi)
Valley Drop	(Tani Otoshi)

**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 Brown belts 1 stripe

## **Brown Belt 3 Stripe 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 USAJJ ® Instructor/Examiner.

Minimum time in grade requirement, 9 Months.

**General Knowledge:**

Understand the relationship between USA Jiu-Jitsu ® & physical/mental fitness.

Understand the USA JIU-JITSU ® USJJF's BJJ – Grappling Rank System with the significance of each belt level.

Understand Basic Resuscitation Techniques (Kappo).

**Techniques (Waza)**

Students will demonstrate the following techniques

**Joint Locking** (Kansetsu Waza)

Improved ability in all previous Submissions

Ability to teach all previous Submissions

Escapes for all previous joint locks

Leg lock	(methods 2 & 3)	(Ashi Gatame Ni & San)
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**Choking Techniques** (Shime Waza)

Improved ability in all previous Choking techniques

Ability to teach all previous Choking techniques

Escapes for all previous choking techniques

Sliding Lapel Lock (methods 5 & 6) (Okuri-Eri Jime Go & Roku)

Hell Strangle (method 4 & 5) (Jioku-Jime Yon & Go)

Sleeve Wheel Choke (Sode Gurume Jime)

Triangle Choke (method 2 & 3) (Sankaku-Jime Ni & San)

**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

Escapes for all previous throws

Outside Wheel Throw (Soto Guruma)

Floating Technique (Uki Waza)

Valley Drop (Tani Otoshi)

**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 Brown belts 2 stripe

# Brown Belt 4 Stripe 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 USAJJ ® Instructor/Examiner.  
Minimum time in grade requirement, 9 Months.

## General Knowledge:

Understand Resuscitation Techniques (Kappo).

## Techniques (Waza)

Students will demonstrate the following techniques

### Joint Locking (Kansetsu Waza)

Improved ability in all previous Submissions

Ability to teach all previous Submissions

Escapes for all previous joint locks

Leg lock (method 4 & 5) (Ude Ashi Gatame )

### Choking Techniques (Shime Waza)

Improved ability in all previous Choking techniques

Ability to teach all previous Choking techniques

Escapes for all previous choking techniques

Sliding Lapel Lock (method 5 & 6) (Okuri-Eri Jime Go & Roku)

Hell Strangle (method 6) (Jioku-Jime Roku)

Sleeve Wheel Choke (method 2 & 3) (Sode Gurume Jime Ni & San)

Triangle Choke (method 4 & 5) (Sankaku-Jime Yon & Go)

### 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  
Escapes for all previous throws

Outside Wheel Throw (Soto Guruma)

Floating Technique (Uki Waza)  
Side Body Separation (Yoko Wakare)  
Side Wheel Throw (Yoko Guruma)

**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 Brown belts 3 stripe

## **Brown Belt 5 Stripes 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 USAJJ ® Instructor/Examiner.

Factors such as above-average class attendance, natural ability, or competing could possibly shortened the time in brown belt.

Minimum time in grade requirement, 9 Months.

## **General Knowledge:**

Understand US Jiu-Jitsu as a Way of Life.

Ability to explain "What is Jiu-Jitsu" in a comprehensive manner.

## **Techniques (Waza)**

Students will demonstrate the following techniques

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

### **Joint Locking** (Kansetsu Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

Leg Arm-lock all variations (Ude Ashi Gatame)

Leg Lock all variations (Ashi Gatame)

Three Double joint locking attacks

Three joint locks from Back control

Three joint locks from knee on Belly

Five joint locks from side control

Six joint locks from mount

Six joint locks from guard

### **Choking Techniques** (Shime Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

Escapes for all previous choking techniques

Sliding Lapel Lock all variations (Okuri-Eri Jime)

Hell Strangle all variations (Jioku-Jime)

Two Hand Necklock all variations (Ryote Jime)

Triangle Choke all variations (Sankaku-Jime)

Sleeve Wheel Choke all variations (Sode Gurume Jime)

Triangle Choke all variations (Sankaku-Jime)

Three Double Choking Technique attacks

Three Choking Techniques from Back control

Three Choking Techniques from knee on Belly

Five Choking Techniques from side control

Six Choking Techniques from mount

Six Choking Techniques from guard



### **Holding Techniques** (Osae Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

### **Break-falling Techniques** (Ukemi Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

### **Throwing Techniques** (Nage Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill

Outside Wheel Throw	(Soto Guruma)
Floating Technique	(Uki Waza)
Valley Drop	(Tani Otoshi)
Springing/Winding Pull Throw	(Hane Makikomi)
Scooping Throw	(Sukui Nage)
Corner throw	(Sumi Gaeshi)
Outside Wheel Throw	(Soto Guruma)
Side Body Separation	(Yoko Wakare)
Side Wheel Throw	(Yoko Guruma)

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

**Self-Defense Techniques** (Goshinjitsu Waza)

**Competition & Free Practice** (Randori)

Competition with wins against 3 Brown belts 4 stripe

## **Black Belt Requirements (19 years – Adult):**

### **General Requirements:**

Be an Associate Teacher of USA JIU-JITSU ®.

Minimum age - 19 years old.

Sound moral character.

Regular dojo attendance and training.

Normal time average of 8 years of training and a demonstration.

In grade requirement, 2-4 years

**Member in good standing with the USJJF.**

Trained & examined by a certified USAJJ ® Instructor/Examiner.

Master all the previous rank requirements and be able to perform these at an 95% level. Demonstrate a technique, "first for form" & "second with speed & power". Ability to demonstrate & teach all previous Techniques with strong technical skill

### **General Knowledge:**

1. Extensive knowledge & understanding of the USAJJ ®:
  - a. Organization & Administration
  - b. Purpose or Mission
  - c. Primary Leaders
  - d. Rank Policy
  - e. Relationship with other Martial Arts and Organizations

### **Techniques (Waza)**

Students will demonstrate the following techniques

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

**Joint Locking** (Kansetsu Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

Four Double joint locking attacks

Four joint locks from Back control

Four joint locks from knee on Belly

Six joint locks from side control

Seven joint locks from mount

Seven joint locks from guard

**Choking Techniques** (Shime Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

Four Double Choking Technique attacks

Four Choking Techniques from Back control

Four Choking Techniques from knee on Belly

Six Choking Techniques from side control

Seven Choking Techniques from mount

Seven Choking Techniques from guard

**Holding Techniques** (Osae Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

**Break-falling Techniques** (Ukemi Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill.

**Throwing Techniques** (Nage Waza)

Ability to demonstrate & teach all previous Techniques (Waza) with strong technical skill

Specialization in:

Two leg throw

Three double legs

Three single legs

Seven hip throws

**Countering & Escapes Techniques** (Kaeshi & Fusegi Waza)

Improved ability in all previous Counters and Escapes

Ability to teach all previous Counters and Escapes

Four escape from side control

Four escape from rear mount

Four way to escape knee on belly

Five ways to escape mount

Five sweeps from half-guard

Five half-guard passes

Seven ways to pass guard to side control

Seven ways to sweep an opponent

**Self-Defense Techniques** (Goshinjitsu Waza)

**Competition & Free Practice** (Randori)

Competition with wins against 3 Brown belts 5 stripe