



Blue Belt Evaluation

Brazilian Jiu-Jitsu

Elite Jiu-Jitsu Academy, Pocatello ID
Affiliate Program



Blue Belt

The Path to Blue Belt constitutes the basic fundamentals of BJJ that the Rigan Machado BJJ Association and EJJA expects for all Affiliate Members to learn and develop. These fundamental techniques are mandatory learning material for Members seeking Rank advancement to Blue Belt in the Association. The material in these Requirements, when practiced consistently, will help the Student develop "Natural Body Reactions." This important concept although fundamental, carries over to even the most advanced techniques. Being able to understand and execute the material in this section will also benefit those who are attempting to practice the more advanced techniques taught in the class.

Essential Reaction Building Movements

1. Technical Lift
2. Back Fall, Seated and Standing
3. Shoulder Roll, Standing / Kneeling
4. Back Roll, Standing / Sitting
5. Bridge / Touch / Sit-Through
6. Elbow / Hip Escape (Shrimp) with Partner

Takedowns & Throws

- (1) Leg Type Throw (Reap, Sweep, or Hook)
- (2) Hip / Shoulder Type Throws
- (2) Double Leg Takedowns
- (1) Single Leg Takedown

Self-Defense

Escape the Guillotine, Standing
Escape the Headlock, Standing
Escape Headlock on Ground
Establish T-Clinch Control from Strike Defense
Escape a Rear Choke, Standing

Passing the Guard

- (2) Methods of Passing Guard (Kneeling), establish Position
- (2) Methods of Passing Guard (Standing), establish Position

Half-Guard

- (1) Guard Recovery
- (1) Sweep from Bottom
- (1) Half-Guard Pass (Top)

Sweeps from the Guard

- (2) Sweeps, Opponent on Knees
- (2) Sweeps, Opponent Stands

Escapes

- (2) Under Mount Escapes
- (2) Bottom Side Control Escapes
- (1) Knee on Belly Escape
- (1) Seated Back Control Escape

Submissions

- (4) From the Mount
- (3) From Side Control
- (2) From Back Control
- (2) From Knee on Belly
- (4) From the Guard
- (1) Combo / Submission Chain



Revised 06/06/2014