



Brown Belt Evaluation

Brazilian Jiu-Jitsu

Elite Jiu-Jitsu Academy, Pocatello ID
Affiliate Program



Brown Belt

Essential Reaction Building Movements

1. Technical Lift
2. Shoulder Roll, Standing / Kneeling
3. Back Roll, Standing / Sitting
4. Side Fall, Side Roll (Granby)
5. Slinkies
6. Knee-Slides (Wrestler Shoots)
7. Bridge / Touch / Sit-Through
8. Elbow / Hip Escape (Shrimp) with Partner
9. Reverse Shrimping
10. Cartwheel

Takedowns & Throws

- (4) Leg Type Throw (Reap, Sweep, or Hook)
- (4) Hip / Shoulder Type Throws
- (3) Double Leg Takedowns
- (2) Single Leg Takedown
- (4) Sacrifice Throws
- (4) Combination Throw / Takedowns
- (3) Counter Throw / Takedowns

Self-Defense

- (4) Standing Headlock Escapes
- (2) Standing Guillotine Escapes
- (2) Standing Rear Choke Escapes
- Front Bear Hug Escape, Arms Pinned
- Front One or Two-Hand Grab/Choke Escape
- (4) T-Clinch Takedowns from Strike Defense
- Inside Guard Guillotine Escape
- Armbar Escapes (2 Guard, 2 Mount Style)
- 2 Omoplata Escapes
- 2 Triangle Escapes
- Strike Defenses from Guard, Under Mount

Passing the Guard

- (4) Methods of Passing Closed Guard (Kneeling), establish Position
- (4) Methods of Passing Open Guard (Standing), establish Position
- (3) Feet in Biceps Guard Pass, establish Position
- (2) Lasso Spider Guard Pass, establish Position
- (2) Z-Guard Pass, establish Position
- (3) Butterfly Guard Pass, establish Position
- (3) De La Riva Guard Pass, establish Position

Half-Guard

- (3) Methods of Guard Recovery or Back Take
- (4) Sweeps from Bottom
- (2) Sweep from Deep Half Guard
- (4) Half-Guard Pass (Top)

Sweeps & Back Takes from the Guard

- (6) Sweeps, Opponent on Knees
(Closed Guard, Spider Guard, Butterfly Guard)
- (6) Sweeps, Opponent Stands
(X-Guard, Spider Guard, De La Riva Guard, Open Guard)
- (3) Methods of Taking the Back

Escapes

- (4) Under Mount Escapes
- (4) Bottom Side Control Escapes
- (2) Kesa Gatame Escapes
- (2) Modified Kesa Gatame Escapes
- (2) Knee on Belly Escape
- (2) Seated Back Control Escape
- (2) North-South Escape

Submissions (Joint Locks & Strangles)

- (8) From the Mount
- (8) From Side Control (Kesa Included)
- (4) From North-South
- (6) From Back Control
- (4) From Knee on Belly
- (8) From the Guard (Kneeling or Standing)
- (6) Combo / Submission Chain



Revised 03/07/2018