



Purple Belt Evaluation

Brazilian Jiu-Jitsu

Elite Jiu-Jitsu Academy, Pocatello ID
Affiliate Program



Purple Belt

Essential Reaction Building Movements

1. Technical Lift
2. Back Fall, Seated and Standing
3. Side Fall, Squat and Stand
4. Shoulder Roll, Standing / Kneeling
5. Back Roll, Standing / Sitting
6. Bridge / Touch / Sit-Through
7. Elbow / Hip Escape (Shrimp) with Partner
8. Reverse Shrimping
9. Cartwheel

Takedowns & Throws

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

Self-Defense

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

Passing the Guard

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

Half-Guard

- (2) Methods of Guard Recovery or Back Take
- (3) Sweeps from Bottom
- (1) Sweep from Deep Half Guard
- (3) 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)
- (2) Methods of Taking the Back

Escapes

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

Submissions (Joint Locks & Strangles)

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



Revised 03/07/2018