

BLUE BELT EXAMINATION



for Brazilian Jiu Jitsu

Blue Belt Examination

1. History

Pass Fail

A. Helio Gracie

- Who is he? What is his significance to Jiu Jitsu?
- Name two (2) of his brothers.
- Name five (5) of his sons.

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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B. Jiu Jitsu

- Where did it come from?
- How did it arrive in Brazil?
- Explain the difference between Japanese & Brazilian Jiu Jitsu?

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<input type="checkbox"/>	<input type="checkbox"/>
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C. Roy's background

- What rank is he in Brazilian Jiu Jitsu?
- Who were Roy's Brazilian Jiu Jitsu instructors?
- What other ranks does Roy hold?

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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D. Please list your martial arts background and reasons for study:

- Who have you trained with, and for how long?
- What's your reason for studying Brazilian Jiu Jitsu?
- What do you like most about Brazilian Jiu Jitsu? What do you dislike?
- What is your favorite area of training? Least favorite?
- What is your strongest area in Brazilian Jiu Jitsu? Weakest?



2. Escapes

A. Mount

- Upa and two variations
- Elbow/knee and two variations

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

B. Side mount

- Place into the guard and two variations
- Go to your knees and two variations

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<input type="checkbox"/>	<input type="checkbox"/>

C. Closed guard

- Pass under the legs and two variations
- Pass over the legs and two variations



<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

D. Head lock

- Frame the arms and one variation
- Hook the leg and one variation
- Go to your knees and one variation
- Bridge and roll and one variation

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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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E. Wrestler's cradle

- Push on the knees
- Roll over your shoulder

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<input type="checkbox"/>	<input type="checkbox"/>

F. Kesa gatame

- Bridge and roll and one variation

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3. Dominance

A. Mount

- Position #1
- Position #2
- Position #3
- Position #4

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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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B. Side mount

- Hold down #1
- Hold down #2
- Hold down #3
- Hold down #4
- Kesa gatame

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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

C. Closed guard

- Low guard
- High guard
- Hip movement
- Head and arm control

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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

4. Submissions

A. Arm locks from the guard

- Spinning arm lock
- Kimura

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<input type="checkbox"/>	<input type="checkbox"/>

B. Arm locks from the mount

- Spinning arm lock from push on chest
- Paint brush
- Spinning arm lock from position #3

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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

C. Chokes from the guard

- Guillotine choke
- Collar choke (palm up, palm up)
- Collar coke (palm up, palm down)

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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



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Pass Fail

- Collar choke (palm down, palm up)
- Triangle choke with legs
- Triangle choke with arms

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<input type="checkbox"/>	<input type="checkbox"/>
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D. Chokes from the mount

- Triangle choke with arms
- Fist on the front of the throat
- Fist on the side of the throat
- Rear choke

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E. Leg locks from the guard

- Straight foot lock
- Achilles tendon press with near arm
- Achilles tendon press with far arm
- Heel hook

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<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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F. Leg locks from the (bottom of the) mount

- Straight foot lock
- Heel hook

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5. Self-defense

A. Defense against bear hugs (*Standing*)

- Front bear hug (under the arms)
- Front bear hug (over the arms)
- Front bear hug (assailant picks you up)
- Rear bear hug (under the arms)
- Rear bear hug (over the arms)
- Rear bear hug (assailant picks you up)

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B. Defense against head locks (*Standing*)

- Front head lock
- Front head lock with head down

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C. Defense against grabs (*Standing*)

- One arm wrist grab
- Two arm wrist grab
- Upper arm grab
- Shirt grab

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Pass Fail

D. Chokes (Standing)

- One hand choke
- Two hand choke
- One hand choke against the wall
- Two hand choke against the wall

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<input type="checkbox"/>	<input type="checkbox"/>
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6. Physical conditioning

A. Push-ups

- three sets of 20

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B. Sit-ups

- Three sets of 30

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C. Jump squats

- Three sets of 20

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D. Pull-ups

- Three sets of 5

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7. Grappling

A. Grappling with other students

- Two rounds of five minutes

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B. Grappling with me

- One round, five minutes

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8. Overall awareness of the entire Jiu Jitsu game

A. Familiarity with sweeps

- Hip bump from the guard
- Scissors sweep from the guard
- Foot lift sweep from the guard
- Standing foot sweep

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<input type="checkbox"/>
<input type="checkbox"/>
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B. How to fall

- back fall
- side fall
- front fall

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<input type="checkbox"/>
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Blue Belt Examination

Pass

C. Familiarity with throws

- Hip throw
- Neck throw
- Arm throw
- Inner reap
- Outer reap

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D. Standing take downs

- Double leg
- Double leg variation (change angles)
- Single leg
- Single leg variation (change angles)

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E. Take downs from the knees

- fall back series (four techniques)
- drive forward series (four techniques)

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F. Familiarity with the open guard

- with the gi
- without the gi

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9. Character

A. Integrity

- You make and keep promises. You must be trustworthy and accountable.

B. Loyalty

- You are committed (and responsible) to your family, close friends and instructors.

C. Honesty

- You are forthright (and tactful) with your family, close friends and instructors.

10. Your continued training with Mr. Harris.

A. Private training

- long distance students, two (2) hours every year (\$150 paid in advance)
- local students, one hour of private training plus group training

B. Group training

- long distance students, find group instruction or a good training partner.
- local students must have at least 60 hours of group instruction per year.



Blue Belt Examination

COST:

The cost of the blue belt examination will be \$50, pass or fail. If you pass, you will need to pay for the examination **PLUS** the cost of the yearly private training in advance. So, if you are a long distance student (which means you live outside the Greater San Diego area), you will need a total of \$200. If you are a local student, you can pay for your private at the academy (immediately following your examination). If by chance you fail, you can set up another time to retake the examination. You will still have to pay for the first examination. However, the second examination will be free of charge

Note #1: Private lessons are normally \$100 an hour. However, because of your affiliation with me, you will receive a 25% discount on your required privates. Additionally, your name will appear on my web site as a newly promoted blue belt. So, if you train with other instructors, make sure they are aware of this. I do not want to cause hard feelings in the Brazilian Jiu Jitsu or grappling community.



NOTE #2: During the private lesson, I will grapple with you for a short period of time to find out where you are in your progress in Brazilian Jiu Jitsu. When we finish, I will tell you your strengths and your weaknesses, as well as give you direction on what areas I think you should focus on for the next six to twelve months of training. Then, for the remainder of the private, you will be able to ask questions and focus on the topics you desire to improve on.

LENGTH:

The length of the examination will range anywhere from 35 to 90 minutes. Please be on time and be prepared. If you are more than 10 minute late for your examination, you will need to reschedule your examination.



EMPHASIS:

During your blue belt examination, heavy emphasis will be placed upon escapes, especially escapes from the side mount position!!!! I will be somewhat flexible and lenient with your submissions, positional dominance and overall awareness to the Brazilian Jiu Jitsu game. However, **if you do not know your escapes thoroughly, you will not pass this examination!** Take an adequate amount of time to practice your basics!

If you have questions about anything, please let me know before you take the examination! Once the examination begins, your training will speak for itself!

Roy Harris

Click here to view the contact information that let's you know how to best get ahold of me.



Blue Belt Examination on RHTV



In the summer of 2003, I will put all of my technical requirements for blue belt promotions on video for the new RoyHarris.tv. In subsequent months, I will also put the requirements for purple, brown and black.

Click here to get a peek at the first couple of courses on RoyHarris.tv.

Click here to get a peek at the twenty-three page PDF file that will accompany the mount escapes course.

Good training to you,

Roy Harris





Here is a video clips for your viewing enjoyment:



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Be kind to each other

