

Harris International Purple Belt Requirements
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The Harris International Purple Belt Examination in Brazilian Jiu Jitsu is the first belt examination where I will require the student to demonstrate a series of repeatable skill sets on the mat as well as character off the mat. The skill on the mat involves knowledge of the blue belt curriculum, time in service, escapes, combinations, control, mechanics, submission escapes, heart and determination, and finally generosity and commitment to the development of others. The skill off the mat involves respect and consideration for others.

Here is an outline of my requirements for promotion to purple belt in Brazilian Jiu Jitsu:

- I. Personal knowledge.
- II . An intimate knowledge of my blue belt curriculum
- III . Time in service
- IV . Knowledge and skill with escapes
- V . Knowledge and skill with combinations
- VI . Knowledge and skill with control
- VII . Knowledge and skill with mechanics
- VIII . Knowledge and skill with submission escapes
- IX . Your heart
- X . Your attitude
- XI . The actual test itself
- XII. The cost and time

Here are the specific requirements for promotion to purple belt:

I. Personal knowledge: In order to test a person for purple belt, I must know the student (personally) and the student must have personally trained with me for a lengthy period of time. In other words, I do not test students for purple belt if I do not know them or if I have not spent a considerable amount of time personally training them myself. This is the first qualifying factor.

So, if you belong to another organization and are interested in testing for your purple belt under me, please attend a few of my seminars and talk with me personally. Sign up and take a minimum of ten (10) private lessons and then we can talk about your promotion to purple belt.

II. Blue Belt Curriculum: I require the student to have an intimate knowledge of the entire blue belt curriculum. I will ask the student to perform many of the basic techniques. Please keep in mind that I will want you to know the techniques and requirements for MY BLUE BELT EXAMINATION , not someone else's. Please know that if you are unfamiliar with the requirements for MY BLUE BELT EXAMINATION, you will not pass this examination. This is the second qualifying factor.

III. Time in Service: A combination of 1200 + hours of group training and eight to ten hours of private lessons with me. 1200 + can be accomplished by training six hours a week over a period of three to five years. Some will be able to accomplish this sooner than others. Additionally, eight to ten hours of private lessons amounts with two hours of private lessons per year. Group training can be with any qualified instructor. However, the required eight to ten hours of private lessons must be with me, one-on-one. This is the third requirement.

IV. Escapes: I want to see four "technical" escapes from the mount position, four "technical" guard passes, four "technical" side mount escapes, four "technical" north and south escapes, four "technical" kesa gatame escapes, two "technical" knee on stomach escapes and two "technical" back mount escapes. I want to see a high level of proficiency with each escape. In other words, no fast or explosive maneuvers to escape. I want the techniques to be clean! Now, which escapes the student performs is up to them. Keep in mind the techniques need to be clean and leverage driven!

V. Combinations: I want to see the student put the escape techniques together into simple two technique combinations. In other words, I want to see the student put up a escape in combination with a simple guard pass or elbow/knee escape in combination kimura or elevator sweep, etc. Additionally, I want to see fluidity and finesse in these combinations, not explosive, jerky or uncoordinated movements. Which combinations the student performs is up to them. Keep in mind the

techniques must be clean and leverage driven.

NOTE: I keep emphasizing that I want to see "clean and leverage driven techniques" for the following reason: I have had people take the examination who were strong and athletic, but lacked the required technical skills to demonstrate proficiency. They assumed that I would pass them because they were strong, athletic and could give just about anyone a difficult time. However, they failed the examination because they based many of their techniques on speed, power and explosiveness. While these are important and admirable qualities to possess, they are not required for purple belt. I am not concerned with a person's athletic abilities at the purple belt level. I am more concerned with their technical proficiency, their heart, their attitude AND, their ability to follow directions. Please keep this in mind as you prepare for your purple belt examination.

VI. Control: I want to see the student's ability to control his opponent from the mount, side mount, guard, knee on stomach and north/south positions, as well as be able to use them in combination with other techniques. I also want to see the student control his or her emotions during the examination. Why? Because the test will try your emotions!

VII. Mechanics: I want to see the student's mechanics of all submissions (straight and bent arm lock, rear choke, guillotine choke, foot lock, heel hook, knee bar, triangle, collar choke, etc.). I will also want to see the student's entry into these submissions from the mount, guard and side mount positions. I need to see good mechanics and leverage, as well as a smooth and fluid entry into the submissions!

VIII. Submission Escapes: I want to see the student escape from the straight arm lock, bent arm lock, rear choke, guillotine choke, foot lock and heel hook. I want to see and feel a medium level of proficiency. When I use the word "proficient", I mean the following: A) the student must have intimate knowledge of a specific topic, and B) a high level of skill in the performance of the escapes from a static position, and C) a medium level of skill in the performance of the technique while sparring. It will be obvious to me during the course of the evaluation that the student has put in the required hours of focused training. Trust me, I can tell the difference between those who have remained focused and disciplined in their training and those who are trying to pull the wool over my eyes, hoping that I will left them off the hook! I will not. I am fair with every student who tests. The bottom line is: The student puts in the necessary time or doesn't. It is that simple. Confidence and coordination are self-evident. When it is there, it is there because the student has put in the time. The opposite is also true. Keep this in mind as you train for your purple belt examination.

IX. The student's heart: I will ask the student to roll with his training partner for a few rounds. I will ask him or her to demonstrate a particular technique (while grappling), as well as evaluate the current skill level. Then, I will roll with him or her for a few rounds. I want to see heart, focus, purpose and determination! Do not give up during this portion of the test!

X. Finally, I will need to see a generous and considerate attitude towards others, as well as a commitment to the development of other students. These three things (generosity, consideration and commitment to others) are the most important aspects to me when it comes to promotion to purple belt. In my opinion, the hand of skill must enjoin the hand of respect, responsibility and accountability. I want those outside of my academy or training association to not only respect my purple belts for their skill level, I also want them to be respected because my purple belts have learned how to give and share. I want my purple belts to be different. I want them to have skill AND character!

XI. What takes place at the examination? Well, several things. For starters, you will need to bring three training partners with you. One of these three training partners need to be strong and athletic. One of the other training partners must be a blue belt. The third training partner can be anyone of any skill level or size. I ask you to bring these three training partners for the following reasons:

- Next, I will ask you to demonstrate some of the basic techniques from the Harris International Blue Belt Curriculum.
- Next, I will ask you to demonstrate escapes various from various positions. You will perform these escapes live, not static!
- Next, I will ask you to demonstrate control from the various positions. You will perform this control live!
- Next, I will have you grapple with each of your training partners. I will ask you to submit ro sweep them frequently!
- Next, I will ask you to demonstrate several throws and takedowns. You will perform these static and live!
- Next, I will ask you to demonstrate several submission escapes. You will perform these live as well!
- Next, I will ask you to grapple with your three training partners. You will grapple with them for twenty to thirty minutes.
- Next, you will grapple with me for twenty minutes. I will apply a lot of pressure during the entire match, but I will not make you tap.

Finally, my focus during the evaluation will be on the following areas:

1. Mount escapes. I want to see you use them in combination.
2. Side mount escapes. This is the main focus of the entire examination. You must demonstrate a high level of skill in this one area.
3. Guard control. I want to see you use all of your control techniques in combination.

XII. Extra stuff. The cost of the examination is \$100. The total time for the entire examination, from start to finish, should take around two and a half hours. The person testing and the training partners must all wear a full gi.

I hope this article has been enlightening and informative.

Good training to you,

Roy Harris