

# REV BELT REQUIREMENTS



## Purple Belt Requirements

At least 3+ years of training with a minimum of 360 classes, proficiency in the techniques listed below and a sparring assessment. Belt promotions are always at the discretion of the head instructor. Factors such as above-average class attendance, natural ability, community contribution or competing could possibly shorten the time to purple belt, while a poor attitude, poor attendance, bad temper, or a lack of common morality outside the school could lengthen it. The sparring assessment will include multiple rounds with gi and MMA matches from standing and grounded positions. Some rounds will include striking. The sparring assessment cost is \$60.

### Part 1: Techniques

Verbally explain one technique or sequence from each category.

#### *Throws and Takedowns*

- 3 leg throw
- 3 hip throw
- 3 double leg
- 3 single leg
- 3 trip/foot sweep

#### *Self-Defense*

- 15 self-defense techniques

#### *Submissions (5 triple attacks)*

- 20 submission techniques from top positions
- 20 submission techniques from bottom positions
- 8 submissions from the back-mount

#### *Sweeps from the Guard*

- 15 different sweeps from guard positions (closed, open, spider, lasso, turtle butterfly, de la riva, reverse de la riva, cross guard, x guard, etc.)

#### *Passing the Guard*

- 8 different ways to pass the guard and get side control

- 8 different ways to pass guards positions (closed, open, spider, lasso, turtle, butterfly, de la riva, reverse de la riva, cross guard, x guard, etc.)

#### *Escapes*

- 2 ways to escape the mount
- 2 ways to escape the side-mount
- 2 ways to escape the knee-on-belly
- 2 ways to escape north-south
- 2 ways to escape kesa gatame
- 6 ways to escape the back-mount

#### *Stand Up Skills*

- Fight Stance
- Foot work - all directions
- Distance control
- Clinch (aggressive and conservative opponent)
- Slip strike
- 4 hand strikes
- 3 different elbow strikes
- 2 different knee strikes
- 3 different kicks
- 3 hands/elbows combo
- 3 hands/elbows and knee/feet combo

### Part 2: Sparring

*MMA/Self-Defense:* 12 rounds starting from bad positions against a striker - no time limit. One 7-minute round against a striker from standing position - must finish opponent.

*Sport Jiu-Jitsu:* One 7-minute tournament round against a higher belt.