

# REV BELT REQUIREMENTS



## Blue Belt Requirements

On average, 12 to 18 months of training with a minimum of 100 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 blue 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 assessment cost \$60.

### Part 1: Techniques

Execute 15+ submissions from all submissions in one minute

#### *Throws and Takedowns*

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

#### *Self-Defense*

- Forward, backward and side breakfall
- Technical stand up
- 10 self-defense techniques

#### *Submissions (one triple attack)*

- 3 from the mount
- 3 from the side-mount
- 3 from the back
- 3 from knee in the belly
- 3 from the guard

#### *Sweeps from the Guard*

- 3 different ways to sweep your opponent from guard
- 1 way to sweep your opponent from half-guard

#### *Passing the Guard*

- 4 different ways to pass the guard and get side control
- 1 way to pass half guard

#### *Escapes*

- 1 ways to escape the mount
- 1 way to escape the side-mount
- 1 way to escape the rear-mount
- 1 way to escape the knee-on-belly
- 1 way to escape north-south

#### *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
- 1 hands combo
- 1 hands and feet combo

### Part 2: Sparring

Three 5 minute gi rounds with higher belts with no rest between rounds. Three 3 minute rounds against a Muay Thai/Kickboxer utilizing striking and ground skills. Three unlimited time rounds against Muay Thai/Kickboxer defending strikes but only using BJJ skills until submitting opponent.