

# Grapple Academy Martial Arts

## Brazilian Jiu-Jitsu Belt and Promotion Requirements

*Please note: There is no “one size fits all” when it comes to belt promotions. Each student is seen as an individual with personal goals and goals from the instructors. Some people compete, some teach, some train 6 days a week, and others train 2 days a week. Competition experience, mat time, knowledge of the curriculum, age, and weight are all factors.*

### White Belt

White belts at GAMA are expected to follow the foundational curriculum which consists of four units.

1. Positions, Transitions, and Escapes - Mount, Side Mount, Back Mount, North South Positions, and Turtle. Focus is on how to hold the positions, transition between them, and escape these positions.
2. Guard - Opening the guard, Guard passing, Open guard sweeps, Closed guard sweeps, Closed guard submissions with Gi and without Gi (NoGi), Half-guard sweeps, Half-guard passing, and a fundamental understanding of more advanced guards; i.e. Butterfly guard, Spider guard, Lasso guard.
3. Attack & Defenses - Focus is on how to both setup and execute submissions as well as defend and escape submissions from the majority of fundamental positions, Mount, Side Mount, Back Mount, North South, Scarf Hold, and Turtle. Leg locks are introduced here.
4. Stand-up - Focus is on fundamental take-downs and pulling into Guard position. Included in this unit is Basic Self-Defense, Grip fighting, Wrestling & Judo, i.e. Single Leg, Double Leg, Arm Drags, Trips, Throws, & Clinching.

Earning a blue belt: (Average 18 months to 2+ years of dedicated training at white belt)

1. Complete each unit exam to earn a stripe for each unit. Four stripes are required to earn a GAMA blue belt.
2. Become a controlled training partner. Learning to stay calm while still being able to effectively improve position or complete a submission without injuring your training partner.
3. Competing in tournaments, though not required, helps to expose areas of needed improvement, and also forces you to dig deep within yourself. You learn a lot about your ability to handle your emotions, win or lose. Competition experience is encouraged.
4. Lastly, to earn a blue belt, you must have improved your stamina and cardio while still being able to defend yourself. This will be demonstrated with a **20 minute gauntlet at your blue belt promotion.**

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### Blue Belt

Blue Belts at GAMA are expected to refine the techniques from the white belt curriculum, while exploring the different positions over periods of time until a few combinations of transitions become integrated into muscle memory. Essentially, the beginnings of developing a “game”.

1. Expand knowledge of more advanced guards is encouraged, i.e. X guard, Single leg X guard, De La Riva guard, Sit-up guard, Butterfly Guard, Deep-half guard, Spider guard, Lasso guard.
2. Expand knowledge of defending and passing more advanced guards.
3. Develop combinations of pathways from Standing to Submission.
4. Add more leg attacks and defenses to your toolbelt.

Earning a Purple Belt: (Average 2-4 years of dedicated training at Blue Belt)

1. Become a familiar face on the mats with the ability to train with all belt levels and people of different sizes (within reason), and become immersed in the academy.
2. Confidently display, and consistently execute in training and/or competition the series of combinations which you have been exploring that suit your physique and mentality.
3. Though not required, competition is strongly encouraged before earning a purple belt to push yourself mentally and physically, and test your ability against a resisting opponent who does not know your “game”.
4. Lastly, to earn your GAMA purple belt, you **will demonstrate your best series or chain 2-3 moves/positions/submissions together and teach it to the academy, followed by a 30 minute gauntlet**

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### Purple Belt

Purple Belts at GAMA are expected to have strong fundamental skills, and make few fundamental errors while training. Purple belts at GAMA are also leaders within the academy, and are capable and willing to help lower belts improve.

1. GAMA Purple belts should have muscle memory of the fundamentals curriculum which allows the purple belt to explore, in depth, the combination and chains of the more advanced guards and passes. Fundamentals must be strong because when mistakes are made while practicing new combinations, the purple belt is expected to be able to defend and get back on track.
2. Develop character with high ego strength (healthy ego) to allow him/herself to overcome the challenges of recreating the growth of the one-chain-of-attack combination from blue belt, to multiple chains of attack and combinations at purple belt, which requires one to work positions he/she is unfamiliar with, therefore possibly being exposed by lower belts, such as the blue belt who is developing a strong path in one particular area. In other words, you want to be confident in yourself to know it's OK to be submitted/swept/passed by lower belts when you are working on new strategies, because you can't get better unless you work on your less developed systems. This helps develop a strong ego, not to be confused with a BIG ego.
3. Expand knowledge of the leg lock system of control, attacks, and defenses, with the ability to ensure safe training within the academy, especially with those who are less familiar.
4. Competition experience is highly recommended, as well as coaching.

Earning a Brown Belt (Average of 2-4 years of dedicated training at Purple Belt)

1. Consistent mat time and/or competition experience, with the ability to roll multiple rounds with all ages, sizes, strengths, abilities, and belt levels in one training session.
2. Be able to have a reproducible plan of attack, or progression of sequences and combinations from all positions and situations.
3. Have proven success in competition and/or live rolling at the academy as a purple belt.
4. Well developed ego strength to deal with the level of challenges as an upper belt, and regulate emotions on the mat.
5. Lastly, to earn your GAMA Brown Belt, **you will be putting on a 30 minute seminar of your best sequences, followed by a 40 minute gauntlet, followed by 10 self-defense attacks (from defending and chaining to a submission) which you will demonstrate after full exhaustion.**

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## Brazilian Jiu-Jitsu Belt and Promotion Requirements

### Brown Belt

Brown Belts at GAMA are expected to not only possess strong fundamental skills, but strong advanced skills as well, and be able to overcome obstacles in training and competition. Brown belts at GAMA are also leaders within the academy, and have a strong desire to pass their specific technical skills to help lower belts improve through teaching or mentoring.

1. GAMA Brown belts refine their advanced chains, combinations, and submissions, previously developed at purple belt to develop the same muscle memory they have of the fundamentals curriculum.
2. Brown belts refine the leg lock system of control, attacks, and defenses, and be able to incorporate the system into their training.
3. Brown belts have a high level of knowledge in both the Gi and without the Gi (NoGi), exhibiting an aptitude, awareness and confidence in his/her individual game.
4. Brown belts have strong character and ego, and are able to approach challenges with a sense that he/she can overcome the problem and grow as a result, as well as help lower belts develop a similar character.

Earning a Black Belt (Average 2-4 years of dedicated training at Brown Belt)

1. Develop a successful game plan that can be replicated on all belt levels, ages, weights, athleticism and ability.
2. Commitment to community development as well as personal development.
3. Proven success in a competition style appropriate for your age/weight, utilizing your developed strategies as a brown belt.
4. Strong character to represent GAMA as a Black Belt inside and outside of the academy.