

# The Blue Belt Guide : CVLBJJ 2023

## The Fundamental/Intermediate Belt

Below is a basic guide and checklist that you must develop to become a legit blue belt player. It will also serve as reference to see where you need to focus your efforts in training. Your coach will decide when you're ready to test for your next belt level. Here are some ways to get on your coaches radar for promotion.

You DO NOT have to be a world champion, have an incredible guard, or master all the jiu-jitsu knowledge to earn your blue belt. You do, however, need to know the fundamentals of the sport, develop a "game", and be a decent person. There is more to getting promoted than just showing up and memorizing techniques. Your character, your commitment, how you handle difficult situations or when things don't go your way, all play a factor in your development as a jiu-jitsu player and your progress through your journey to a black belt skill level.

Note: this process may take longer or shorter depending on these aspects below.

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### Characteristics of a Blue Belt

**Consistency** - Being consistent with your attendance is one of the most important aspects of your training. Having self-discipline around a weekly routine is vital to development. There is a certain level of jiu-jitsu maturity that a student must achieve before being promoted to a higher belt level, the only way to develop this is time on the mats training. Make your practice a weekly routine and be as consistent with it as possible. Life struggles off the mats will and do get in the way of being consistent as you may like and you may need to take time off to handle more important things. That is responsible and understandable. When you come back just pick up where you left off.

**Cleanliness** - Hygiene is a practice that always needs to be upheld. Skin infections are a part of any contact sport including jiu-jitsu and should be taken seriously. We, as a school, take our students' health seriously. We clean the mats as a team and have set cleaning protocols that are performed all throughout the week by our staff. Students are responsible for coming to class clean and showering immediately after training. Finger and toenails must be kept clean and trimmed, washing and sanitizing ALL your workout gear after every training session; that includes Gi and belt, rashguards, shorts, ear guards, any brace or compression sleeve that was worn. All students are responsible for washing themselves and aiding in helping keep the environment as sanitary as possible. This sets a tone that everyone should take part in the health of the environment.

**Integrity** - By definition means “the quality of being honest and having strong moral principles.” Jiu-Jitsu is a very community oriented sport, and every student is integral in upholding and preserving the integrity of the school. Being honest and respectful are qualities that we hold in high regard.

**Perseverance** - Every time you step onto the mats you are confronting yourself. You will have to become comfortable with getting your ass kicked and coming back the next day for a chance to improve. We never lose on the training mats, there is only learning. Perseverance is a quality that can be developed and will benefit you in a lot of ways off the mats too. You will learn to deal with the mental and emotional challenges of Jiu-Jitsu. Don't be afraid to talk with teammates and/or coaches if you are struggling.

**Skill** - Our school provides training for students to develop skill with Jiu-Jitsu. We want you to be able to legitimately defend yourself if the situation may arise. The difference between knowledge and skill is that skill has been shaped and strengthened through the experience of testing that knowledge. Skill takes longer and is much harder to obtain than knowledge. Being ranked in this sport is a mark of accomplishment but you must have the skill to back it up. Skill is built and demonstrated to your coach through your training. There is no hiding this on the mats and that can be humbling. It should be part of your training routine to roll a few times per week.

**4 essential skills we NEED TO SEE CONSISTENTLY demonstrated in a live setting are:**

1. Be difficult to submit
2. Be difficult to pin
3. Be difficult to pass
4. Behave like a blue belt\* (what's in this guide)

**Communication** - YOU must find relevant questions to your jiu-jitsu journey and seek answers. This is a proactive mindset of going after what you want and it is encouraged. You should take advantage of all the information available. Your coach is happy to help but you must show up on their radar and show that you are interested in discussing jiu-jitsu with them. They will be happy that you are :) Before or after class and during open mats are all good times to find time to chat. If you can't find time then Email is also an excellent way to ask a question at any point during the day. [Gordon@cvillebjj.com](mailto:Gordon@cvillebjj.com)

**Our Program for you** - There is A LOT of information out there about Jiu-Jitsu and there is more coming out everyday. There are many different techniques, systems and philosophies a student can be exposed to and get overloaded with trying to make sense of it all. Understand that this school has a program provided for you to become skilled and knowledgeable in jiu-jitsu. We have spent a lot of time creating and organizing information for our students and it should be used to your best advantage. We have laid out a simple plan here for you to follow that prompts the values and aspects we look for in promoting a white belt to blue belt at CVLBJJ.

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## Technical Checklist for Blue Belt

This checklist will be used most effectively by students who treat it like a living document. By putting pen to paper, it will serve as a progress journal and reference guide where you can fill in technical details and concepts from class and internet research. I encourage you to print and place it somewhere you can see and use it everyday for continual update.

**Vocabulary** - A name is worth a thousand descriptive words and can make communicating much easier if we understand each other. There is a specific nomenclature to our sport that may take a little time to learn. So know your jiu-jitsu vocab so we can have productive conversations. This will be provided in a separate document. When you don't know a name or term for something, ask a coach or look it up in the information provided. \*Write out the definitions in the sidebar of this document.

**“Knowledge isn’t free. You have to pay attention” - Richard P. Feynman**

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## Jiu-Jitsu Solo Fundamentals / Hips & Grips

### Solo Fundamental Movements

- Breakfall (side / backward)
- Shoulder Roll (forward / backward)
- Bridge and Roll
- Shrimp (forward / backward)
- Stand in Base
- Thread the needle

### Grips

- Gable Grip
- Figure-4 Grip (Kimura, Americana)
- Overhook
- Underhook
- Seat belt (Backmount)

### Gripping don'ts - Safety to avoid finger dislocations

- Interlace fingers

- Grab with any fingers inside jacket or pant sleeve of opponent (illegal in sport)
  - Grab single digit fingers of opponent (illegal in sport)
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## The 6 Essential Positions

Checklist override\* For any position that you have an alternative technique that is UNDENIABLY successful for you, it can override the others listed.

### 1. Closed Guard - Top / Bottom

#### Bottom Closed Guard Submissions

- Triangle
- Armbar
- Omoplata
- Kimura
- Cross Choke

#### Bottom Closed Guard Sweeps & Back Takes

- Hip Bump Sweep
- Pendulum Sweep
- Scissor Sweep
- Arm Drag transition to the Back
- Checklist override:\_\_\_\_\_

#### Top Closed Guard Breaks

- Kneeling guard break
- Standing guard break
- Checklist override:\_\_\_\_\_

#### Top Closed Guard Don'ts

- Attempt submission from inside opponents closed guard
- Turn your back to opponent while passing

### 2. Half Guard - Top / Bottom

#### Top ½ Guard Passes

- Head & Arm Foot Wedge Pass
- Arm Weave Pass
- Leg Squeeze Pass
- Checklist override:\_\_\_\_\_

#### Bottom ½ Guard Sweeps & Recoveries

- Recover Full Guard

- Underhook to Dog Fight
- Old School Sweep
- Checklist override:\_\_\_\_\_

#### Bottom ½ Guard Don't

- Lay flat on your back

### **3. Open Guard - Top / Bottom**

#### Bottom Open Guard Sweeps (Must know 1 or more)

- Collar Sleeve Guard
- Spider / Lasso Guard
- DLR / RDLR Guard
- Tripod Guard
- Butterfly Guard
- X Guard
- Checklist override:\_\_\_\_\_

#### Top Open Guard Passes (Must know 1 or more)

- Toreando Pass
- Knee Cut Pass
- Staple Pass
- Double Under Pass
- Over/Under Pass
- Checklist override:\_\_\_\_\_

### **4. Side Control - Top / Bottom**

#### Top Side Control Positions & Transitions

- Head & Arm Control
- 100 Kilos
- Kesa Gatame
- Reverse Kesa Gatame
  - Step over to Mount
- Knee on Belly
  - Knee drive to Mount

#### Top Side Control Submissions

- Kimura
- Americana
- Arm Triangle Choke
- Paper cutter Choke

#### Bottom Side Control Escapes

- Frame & Shrimp to regain closed or half guard
- Underhook Escape to single leg
- Trap and Roll Reversal (Upa)

#### Bottom Side Control Don'ts

- Bench press the opponent off you
- Turn away or expose back when someone passes your guard

### **5. Mount - Top / Bottom**

#### Top Mount Postions & Transitions

- Low Mount
- High Mount
- Technical Mount with Gift Wrap
  - Gift wrap Chair-sit transition to the Back

#### Top Mount Submissions

- Americana
- Arm Triangle
- Arm Bar
- Cross Collar Choke
- Ezekial Choke

#### Bottom Mount Escape

- Elbow Escape
- Foot Trap Escape
- Hip Bump Escape to Butterfly
- Trap & Roll Reversal

#### Bottom Mount Don't

- Turn Belly down
- Bench press the opponent off you

### **6. Back Mount - Hooks and Seat Belt Grip**

#### Offensive Back Mount Submissions

- Rear Naked Choke
- Sliding Collar Choke / Single Wing / Bow & Arrow

#### Defensive Back Mount Escapes & Counter

- Primary / Secondary Defensive Hands
- Back to the Floor Escape
  - Re-Mount Escape Counter

### Offensive Back Mount Don'ts

- Cross ankles below the hip line
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## **Technical Considerations for Advanced**

### **Stand up: Takedowns / Throws & Guard Pulls**

#### Takedowns (Must know 1 or more)

- Body Fold Takedown
- Single Leg / Double Leg: One variation
- Hip Throw / O Goshi
- Leg Throw / O Soto Gari
- Checklist override: \_\_\_\_\_

#### Guard Pull

- Collar Sleeve Foot on hip
- Over/Under sitting butterfly

#### Submissions/Takedowns Counters

- Sprawl Takedown Defense
- Guillotine choke counter to takedown
- Sumi Gaeshi Counter to takedown

#### Stand up Don'ts

- Shoot a takedown bent over and looking at the ground
- Jump Closed Guard (Dangerous)
- Flying Scissor takedown (Dangerous)

### **Leg Entanglements (Ashi Garami)**

#### Bottom Guard Sweeps

- Single-Leg X Sweep
- X-Guard Sweep

#### Leg Lock Submission for white belts

- Straight Ankle Lock
- This is the only leg submission that is approved for white belts

#### Defense

- Straight Ankle Lock Defense (Boot Scoot)
- Heel Hook Defense (Hide heel / Free knee line)

#### Leg Lock don'ts

- Spin recklessly to free your leg
- Rip pressure on offense - Catch and release policy\*

**\*Catch and Release policy** is for anyone practicing leg locks at CVLBJJ.

**You must never rip or overly exert yourself and force a tap in practice.** This is to avoid unnecessary injuries. The Catch and Release policy is: If you have a leg submission, make eye contact and wait for the other player to tap. If they are not tapping or being reckless with their safety YOU take the initiative and let go of the lock. You will need to demonstrate maturity and have self-control in this area before being given the coaches permission to do leg locks.

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## Goal Setting for White Belts

### DO

- Say, "I will attend level 1 class at least 3 days/week for the next month"
- Say, "I will drill 50 reps of (specific technique) each week for the next 2 weeks"
  - These statements ARE within your control

### DONT

- Say "I will get my blue belt in 1 year"
- Say "I will win a tournament before I get my blue belt"
  - These statements ARE NOT within your control

### Promotion Acceleration Tips:

- Regularly attend Situational marathon training
- Regularly attend Drill/Roll class or at-home drilling solo fundamentals
- Regular Supplemental conditioning routine (Yoga, kettlebells, swimming)
- Compete at a local tournament
- Ask your coach questions and follow up with them on results from their guidance

### The Live Roll Self-Assessment Measure

- Level 1 Opponent: same size, no experience
  - Can sweep from bottom to top position, can submit from bottom or top
- Level 2 Opponent: bigger, no experience
  - Can maintain guard from bottom position, can stand & separate
- Level 3 Opponent: same size, equal experience
  - Can recover guard, can sometimes sweep, pass and submit
- Level 4 Opponent: bigger, equal experience
  - Can prevent submissions, can recover guard, can sometimes stand & separate