

HOW TO GET
Promoted
IN JIU-JITSU

BY PROFESSOR EMMANUEL GALVAN

THE THREE THINGS

I LOOK FOR WHEN PROMOTING STUDENTS

01

ATTENDANCE– Have you been showing up? Are you Consistent? Are you showing up to extra trainings? Seminars, Open Mats, competitions (coaching, competing, or reffing). There is no exact number of classes to get promoted but I look at around 32 classes or 4 months if you come twice a week for white belts.

02

TECHNICAL ABILITY–
Do you understand the techniques and can you perform them?

03

ATTITUDE– Do you have an attitude to learn? Asking questions, researching topics, and helping others?

OUR 6 LEVELS OF JIU-JITSU

01 WHITE BELT UP TO 2 STRIPES

02 WHITE BELT UP TO 4 STRIPES

03 BLUE BELT

04 PURPLE BELT

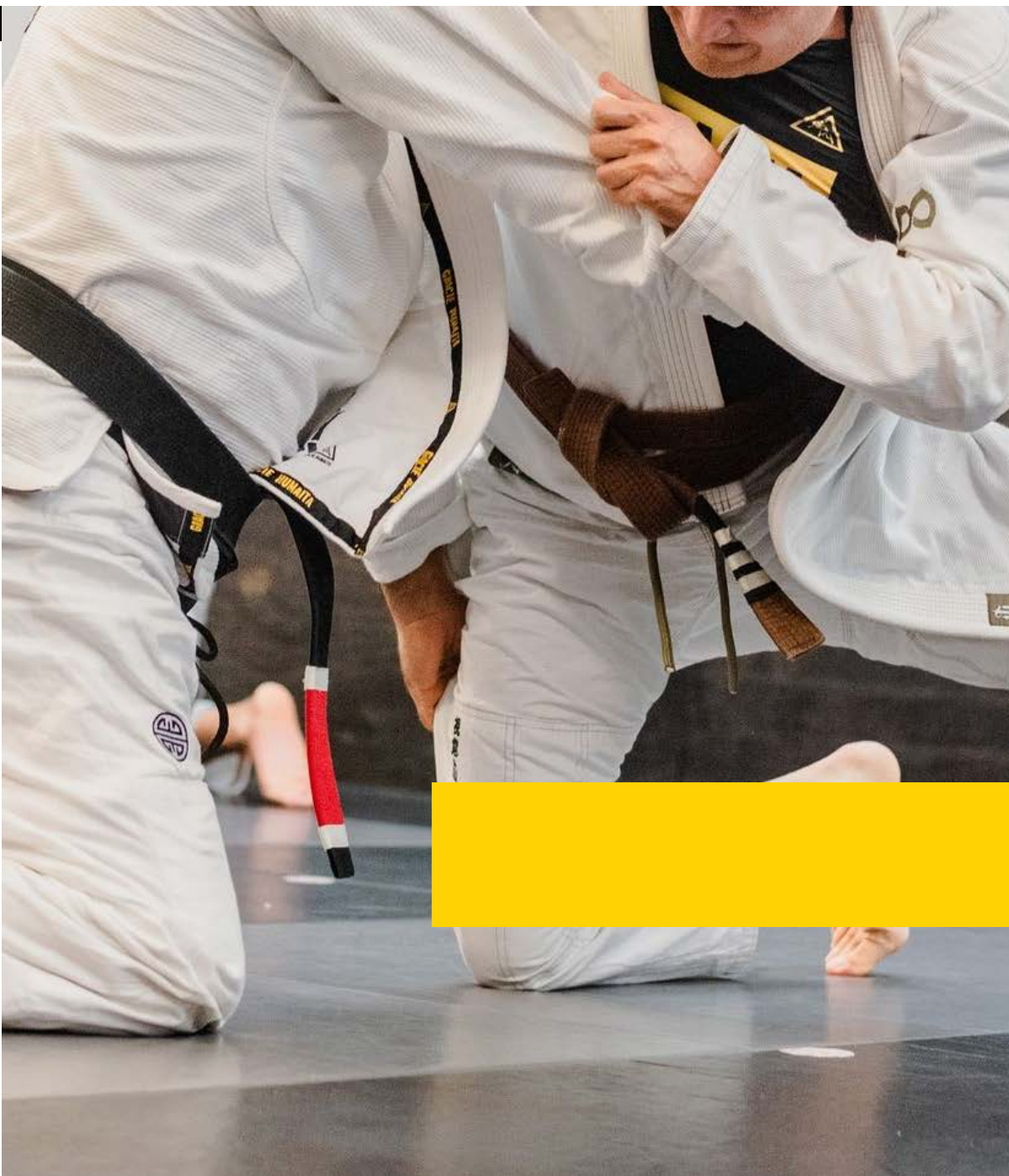
05 BROWN BELT

06 BLACK BELT



LEVEL ONE

For the first 6 months to a year, you should learn all the basic positions. To me this is the perfect way to get better in Jiu-jitsu. Its Position before Submission. Learn the names and basics of all the positions.



LEVEL

One



STANDING	GROUND TOP	GROUND BOTTOM
Self Defense Stance	Passing Guard	Closed Guard
Fighting Stance	Side Mount	Open Guards
Clinching	Half Guard	Half Guard
Standing Strikes	Knee on Stomach	Under Side
Wrestling Stance	Mount	Under Mount
Judo Gripping	Back Mount	Under Back Mount
	North and South	

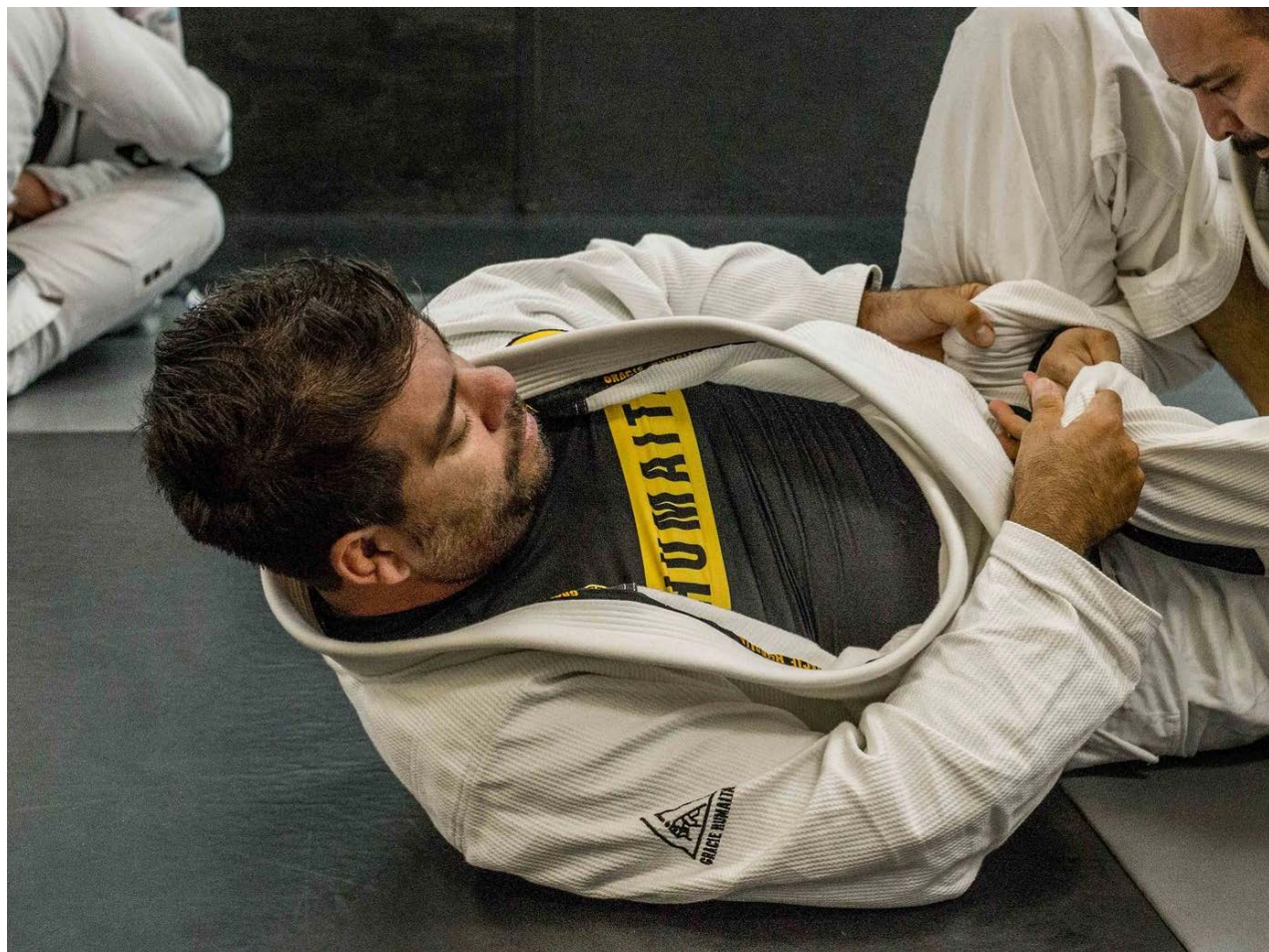
Besides positions, a basic understanding of submissions.

ARM LOCKS	LEGLOCKS	CHOKES
Shoulder locks	Ankle Locks	Leg Chokes
Elbow locks	Kneebars	Arm Chokes
Wristlock	Twists & Muscle Locks	Collar Chokes

LEVEL TWO

In the next phase of training you should concentrate on basic positional escapes and submission PREVENTION and defenses.

POSITIONAL ESCAPES	SUBMISSION ESCAPES	POSITIONAL CONTROL
Regain Guard	Armbar Prevention	Sweeps
Mount Escapes	Leglock Prevention	Top Control
Back Mount Escapes	Choke Prevention	Guard Retention



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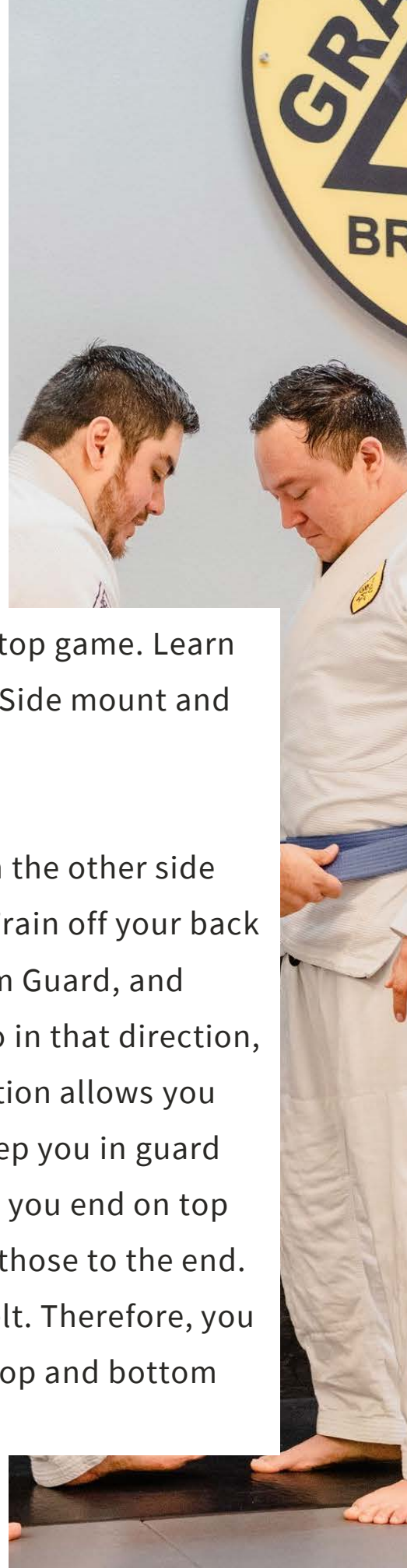
LEVEL THREE

Blue belt

I think of blue belt just like white, the first 2 stripes and then the next 2 stripes.

For the first half of blue belt, I want to see a lot of top game. Learn Takedowns and Throws, guard passes and a solid Side mount and Mount.

3rd and 4th stripe blue belts should be working on the other side and be able to control most opponents in guard. Train off your back and be good at Guard Retention, Submissions from Guard, and finally sweeps from guard. Its very important to go in that direction, retention, submissions, then sweeps. Guard retention allows you more time to work on your guard. Submissions keep you in guard but sweeps although they start in guard obviously you end on top and takes you away from guard that is why I keep those to the end. You will probably spend your most time at blue belt. Therefore, you should get a deep understanding of the basics of top and bottom game.



LEVEL FOUR

PURPLE BELT

As a purple belt you should not only have enough control on your opponent, but also have enough mobility and knowledge that you can practice any of the advanced techniques. Advanced Guards, Advanced Submissions, and Combinations of techniques.

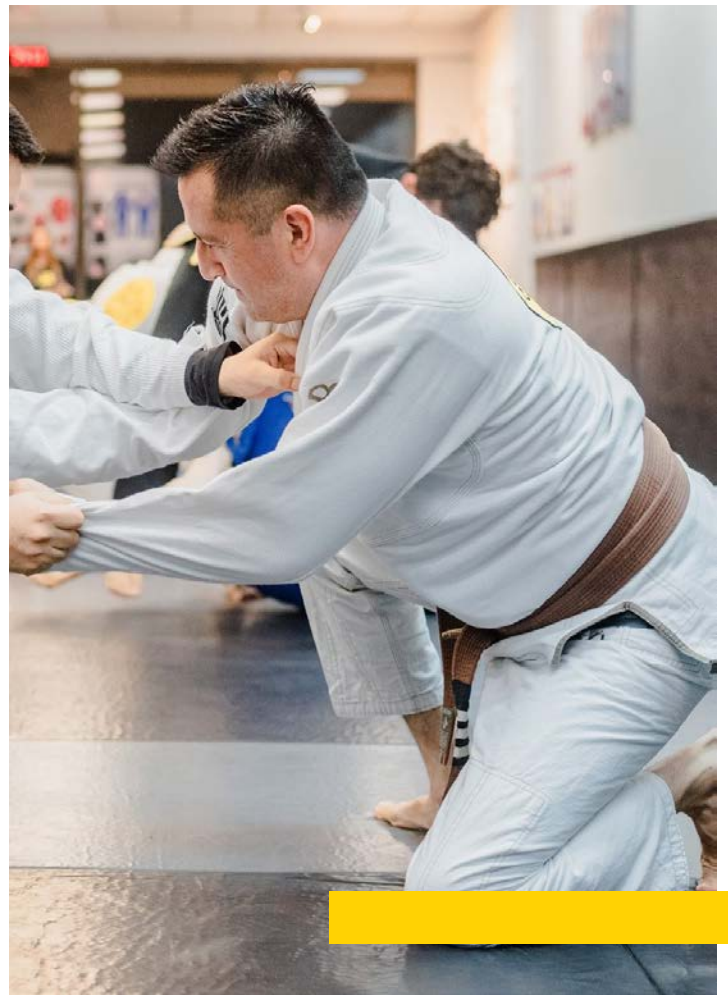
At purple belt you should be finding and trying all the techniques you can. Trying to find your own limitations and solidify your game. Like for competitions you should be ready for anything. Know all Positions and Submissions and be ready to defend and attack on all of them.



LEVEL FIVE

Brown belt

*At Brown Belt
you don't stop
learning, but
the feeling out
process is
complete.*



At Brown Belt you should know your game and refine it.

Make your combinations tighter and more efficient.

You can do everything you did at purple belt but with way less effort.

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BEFORE

Black belt

You should know -

- ✓ **Gracie Self Defense Curriculum**
- ✓ **All our Warm up Drills**
- ✓ **Basic Competition Rules and Refereeing**
- ✓ **Teaching Capabilities**
- ✓ **Basic Judo and Wrestling**

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LEVEL SIX

Black belt

As a Black Belt you are a leader of the school, you do not have to teach, but must be willing to help those around you.

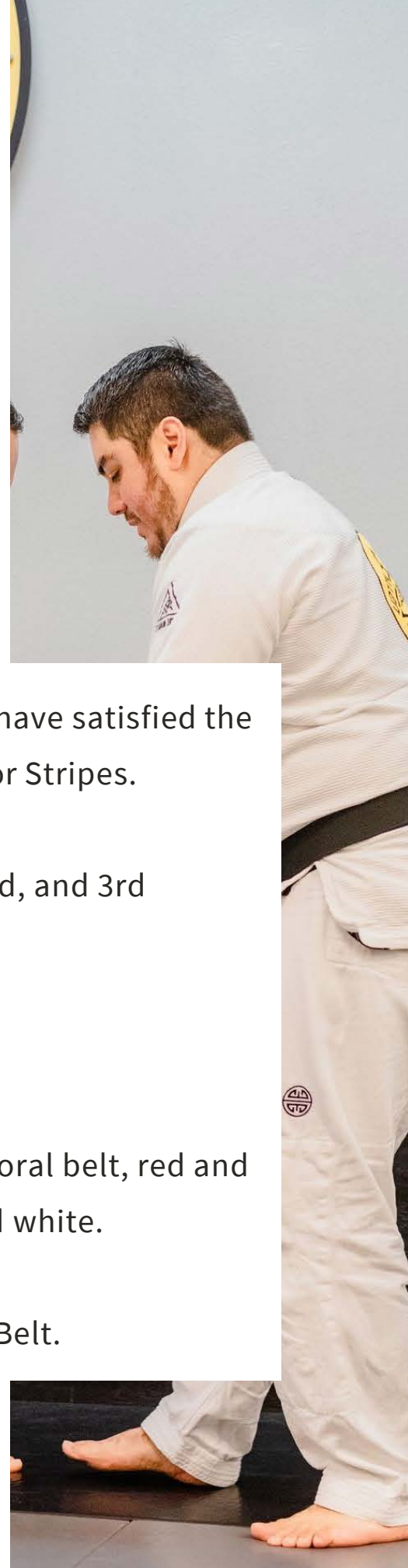
So you know the order of belts, after 1 year if you have satisfied the Professor Requirements you will get your Professor Stripes.

After 3 years of Black Belt you can get your 1st, 2nd, and 3rd degrees each.

After 5 years 4th, 5th, 6th degrees.

After 7 years you can be promoted to 7th degree coral belt, red and black, and 7 years after that its 8th degree red and white.

10 Years after you can receive the 9th degree Red Belt.



Want to learn more?

The hardest part is walking through that door. If you show up consistently, promotions will happen.

I strive to help all students get better through martial arts. I believe in the self defense I teach and have seen the positive impact it has had on many of my students.



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**Everything that you wanted out of
Jiu-jitsu, is on the mat.**



Prof. Emmanuel Galvan