

Brown Belt Requirements

On average, 6 years of training with a minimum of 750 classes plus passing the following test. Belt promotions are always at the discretion of the head instructor. Factors such as above-average class attendance, natural ability, or competing could possibly shorten the time to brown belt, while a poor attitude, bad temper, or a lack of common morality outside the school could lengthen it.

Throws and Takedowns

- One leg throw
- Six hip throws
- Two double legs
- Two single leg

Self-Defense

- Two ways to defend the guillotine standing up
- Two ways to defend the guillotine on the ground
- Two ways to defend the headlock standing
- Two ways to defend the headlock on the ground

Passing the Guard

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

Half-Guard

- Three sweeps from the half-guard
- Three half-guard passes

Sweeps from the Guard

- Six different ways to sweep your opponent

Escapes

- Two ways to escape the mount
- Two ways to escape the side-mount
- Two ways to escape the rear-mount
- Two ways to escape the knee-on-belly

Submissions

- Five from the mount
- Two double attack
- Five from the side-mount
- Two from the back
- Three from knee in the belly
- Six from the guard