



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

- 1 leg throw
- 6 hip throws
- 2 double legs
- 2 single legs

Self Defense

- 2 ways to defend the Guillotine standing up
- 2 ways to defend the Guillotine on the ground
- 2 ways to defend the Headlock standing up
- 2 ways to defend the Headlock on the ground

Passing the Guard

- 6 different ways to pass Guard and get side control
- Half Guard
- 3 Sweeps from Half Guard
- 3 Half Guard Passes

Sweeps

- 6 Different ways to Sweep your opponent from Guard

Escapes

- 2 ways to escape the Mount
- 2 ways to escape the Side-Mount
- 2 ways to escape the Rear Mount
- 2 ways to escape the Knee on Belly

Submissions

- 5 from the Mount
- 2 Double Attacks from Mount
- 5 from Side-Mount
- 2 from the Back
- 3 from Knee on Belly
- 6 from the Guard