

JIU-JITSU GRADUATION SYSTEM

Rules and Technical Department

Developed by



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MISSION STATEMENT

Following the JJIF mission to continuously develop, improve, promote and propagate the values of Jiu Jitsu on a global platform, we are introducing the first JJIF Jiu-Jitsu Syllabus, which is a program with the minimum techniques necessary for the standardization of Jiu-Jitsu teaching in all different national federations.

In this way, as a global organization, we will be able to maintain a minimum standard of quality amongst our members, thus guaranteeing a promising future for our sport.

JJIF GRADING COMMITTEE

The “Jiu-Jitsu Belts and Regulations” is the basis of our grading system.

The Jiu-Jitsu Grading Committee will follow the rules for the ranks approved in the regulations and the administrative process described in this book.

The Jiu-Jitsu Grading Committee director is appointed by JJIF. The director will appoint the rest of the commission, with 5 (five) representatives from different nationalities to be approved by the JJIF Grading Committee. It's the committee's responsibility to:

- Create or allow the National Federation (NF) to create a black belt examination event;
- Receive the requests and approve black belts certificates;
- Process all subjects related to Jiu-Jitsu grading at JJIF;
- Approve the National/Regional Grading Director (Local Style Representative). Each NF will send a name to be approved.

JJIF GRADING COMMITTEE

The requirements to be a Local Style Representative are:

- At least be a black belt 2nd degree;
- Proven experience as Jiu-Jitsu (Newaza) coach;
- Being involved in JJIF or NF activities in the past years, as a coach, competitor, referee, or administrative tasks;
- Recognized by having an ethical career and good charisma and personality.
- Registered as “Master” at JJIF.
- In exceptional cases, the JJIF Grading Committee can allow members who don't fit all requirements in countries where the Jiu-Jitsu system is still developing.

ADMINISTRATIVE PROCESS

Exams are required for blue, purple, brown, and black belts only.

- 1 | JJIF will appoint or approve the Local Style Representative of each National Federation;
- 2 | The Local Style Representative will be responsible to sign the certificates of the color belts and organize the examinations in his/her country;
- 3 | The Local Style Representative has the power to choose (an)other examiner(s) inside his/her country and delegate them the power to conduct examinations and approve belt promotions;
- 4 | The National Federation will conduct the belt exam. The athletes must be registered on the SPORTS ID SYSTEM by filling an online form;
- 5 | The applicant will pay two fees: one to the National Federation which he/she belongs to registering himself in a Grading Event created on SPORTS DATA by the Local Style Representative of the National Federation and another fee for JJIF regarding the diploma.

ADMINISTRATIVE PROCESS

- 6 | The Local Style Representative of the National Federation will check if the applicant meets the requirements: minimum time in the belt, minimum age, and if he/she is registered in the SPORTS ID SYSTEM. Then, he/she will approve this request to have an exam and will nominate the examiner;
- 7 | The examiner will inform the Local Style Representative of the National Federation of the results. He/she will update the approved names on the SPORTS ID and/or SPORTS DATA EVENT RESULTS;
- 8 | The Diploma will be generated automatically on the SPORTS DATA website, which can be downloaded and printed by the applicant. Once it's done, the approved applicant is allowed to wear his/her new belt.
- 9 | For black belt applicants, the process will be the same in general, but the event will be opened on SPORTS DATA by the JJIF Grading Committee director and the fee will be paid to JJIF and the diploma will be made and sent by mail from the JJIF HQ.
- 10 | The black belt diploma will be approved and signed by the JJIF Grading Committee director.

ADMINISTRATIVE PROCESS

11 | For kids' belts diplomas, there's no official examination, but the request to the Local Style Representative of the National Federation must be made. He/she will check the requirements of the age of the applicant and if the applicant is registered on SPORTS ID SYSTEM. Once all is ok, the diploma will be available on the applicant's SPORTS ID account or sent by email.

12 | The Local Style Representative of the National Federation is the only one to have access to SPORTS ID and SPORTS DATA to change the belt rank of a member of the respective National Federation.

13 | The JJIF Grading Committee director is the only one to have access to SPORTS ID and SPORTS DATA to change the belt rank in all JJIF members' data.

KIDS' TECHNIQUES REQUIRED BY BELT

GREY BELT

YELLOW BELT

ORANGE BELT

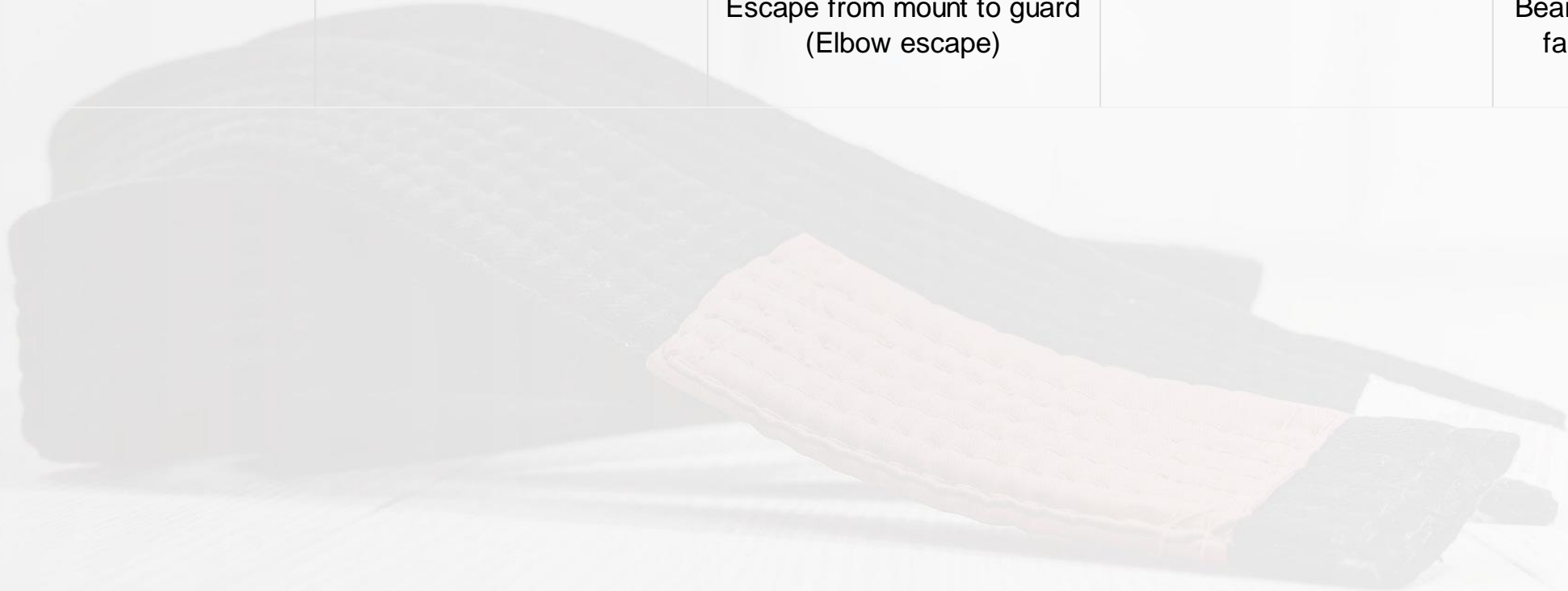
GREEN BELT



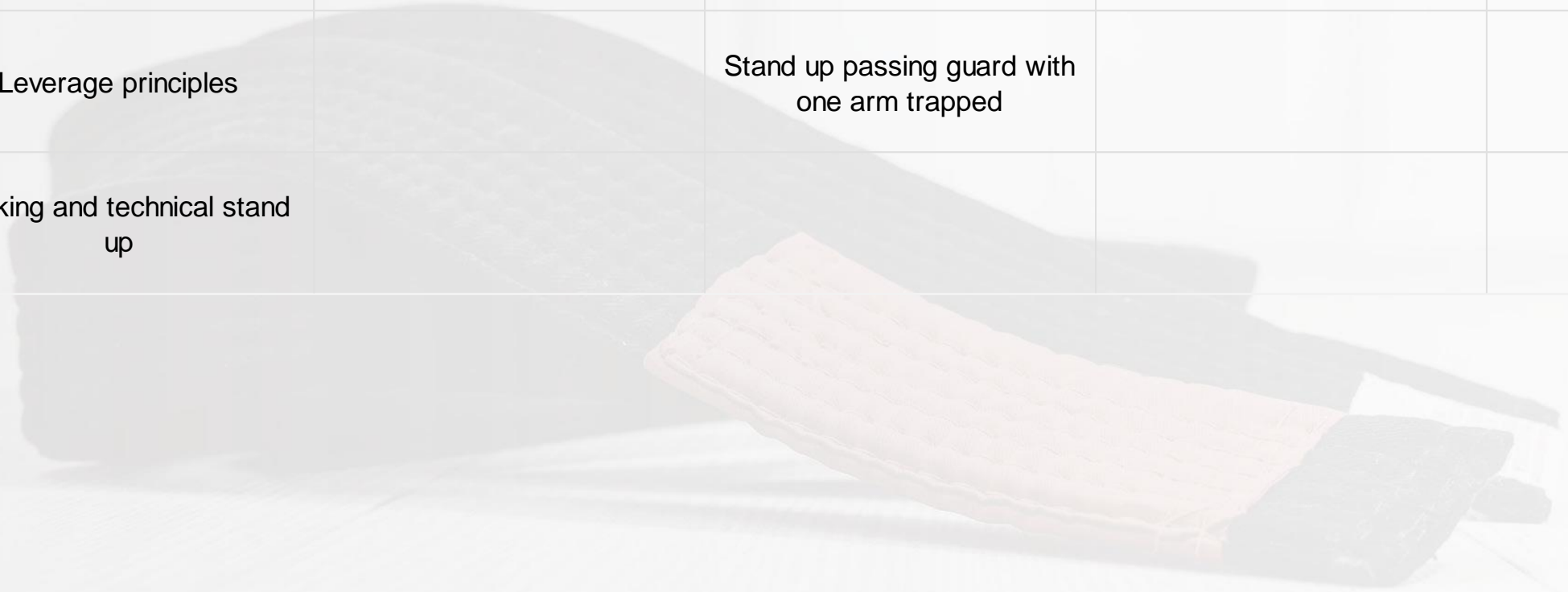
BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS
Front roll Back roll Back and side break fall	Double leg	Pulling to guard	Cross choke	Scissor sweep
Sit and hip escape		Open guard with knees on the floor	Armlock 1	Pendulum sweep
Grips and footwork		Bull pass		
Idea of base				
Leverage principles				



SIDE CONTROL	BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE
Replace guard from side control	Seat belt	Mount control		Escape from both hands around the neck in standing position
Going to mount position	Controlling the back: hooks, crossing feet, body triangle	Bridge		Technical stand up, kicking opponent's knee
Americana from side control	Rear naked choke	Armlock from mount 1		Headlock defense on the floor, pushing the opponent's head
		Escape from mount to guard (Elbow escape)		Bear hug (front) pushing the face adding knee strike



BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS
Front roll Back roll Back and side break fall	Double leg	Pulling to guard	Cross choke	Scissor sweep
Sit and hip escape	Single leg	Open guard with knees on the floor	Armlock 1	Pendulum sweep
Grips and footwork	Sprawl	Bull pass	Armbar escape	Sweep with opponent standing 1
Idea of base		Open closed guard standing	Kimura	Kimura
Leverage principles		Stand up passing guard with one arm trapped		
Rocking and technical stand up				



SIDE CONTROL	BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE
Replace guard from side control	Seat belt	Mount control		Escape from both hands around the neck in standing position
Going to mount position	Controlling the back: hooks, crossing feet, body triangle	Bridge		Technical stand up, kicking opponent's knee
Americana from side control	Rear naked choke	Armlock from mount 1		Headlock defense on the floor, pushing the opponent's head
Kimura from side control	Lapel choke 1	Escape from mount to guard (Elbow escape)		Bear hug (front) pushing the face adding knee strike
				Side headlock defense with punch, going to back
				Side headlock defense with front roll, breaking grip, and armbar
				Barehand frontal choke against the wall: finger twist
				Double leg, opponent turns on all four and rear naked choke

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS
Front roll Back roll Back and side break fall	O Soto Gari	Pulling to guard	Cross choke	Sweep with opponent standing 1
Sit and hip escape	De Ashi Harai	Guard recovery	Armlock 1	Scissor sweep
Grips and footwork	Double leg	Open closed guard standing	Armbar escape	Kimura
Idea of base	Single leg	Stand up passing guard with one arm trapped	Kimura	Half guard sweep 1
Leverage principles	Sprawl	Half guard passing	Triangle	Pendulum sweep
Rocking and technical stand up		Open guard with knees on the floor	Double attack: armbar and triangle	Spider guard sweep 1
Underhook switch		Bull pass	Omoplata	

SIDE CONTROL	BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE	
Replace guard from side control	Seat belt	Mount control		Escape from both hands around the neck in standing position	Face to face intimidation: going to guillotine
Going to mount position	Controlling the back: hooks, crossing feet, body triangle	Bridge		Technical stand up, kicking opponent's knee	Side punch defense, O Goshi
Americana from side control	Rear naked choke	Armlock from mount 1		Headlock defense on the floor, pushing the opponent's head	
Kimura from side control	Lapel choke 1	Cross choke 1		Bear hug (front) pushing the face adding knee strike	
Knee on belly going to armbar	Armbar	Americana		Side headlock defense with punch, going to back	
Knee on belly escape recovering closed guard		Armbar escape		Side headlock defense with front roll, breaking grip and armbar	
Armbar		Escape from mount to guard (Elbow escape)		Barehand frontal choke against the wall: finger twist	

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS
Front roll Back roll Back and side break fall	O Soto Gari	Pulling to guard	Cross choke	Sweep with opponent standing 1
Sit and hip escape	De Ashi Harai	Guard recovery	Armlock 1	Scissor sweep
Grips and footwork	Double leg	Open closed guard standing	Armbar escape	Kimura
Idea of base	Single leg	Stand up passing guard with one arm trapped	Kimura	Tripod sweep 1
Leverage principles	Sprawl	Half guard passing	Triangle	Pendulum sweep

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS
Rocking and technical stand up	Knee drop Seoi Nage	Open guard with knees on the floor	Double attack: armbar and triangle	Spider guard sweep 1
Underhook switch	Ippon Seoi Nage	Bull pass	Arm drag going to back	Lapel guard sweep 1
		Double underhook guard pass	Closed guard to Spider guard transition	Half guard sweep 1
		Reverse half guard pass	Guard pull to Spider guard and sweep	Delariva sweep 1
		Knee slide pass 1		Deep half guard sweep 1

SIDE CONTROL	BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE	
Replace guard from side control	Seat belt	Mount control		Escape from both hands around the neck in standing position	Face to face intimidation: going to guillotine
Going to mount position	Controllling the back: hooks, crossing feet, body triangle	Bridge		Technical stand up, kicking opponent's knee	Side punch defense, O Goshi
Americana from side control	Rear naked choke	Armlock from mount 1		Headlock defense on the floor, pushing the opponent's head	Breaking both grips on the collar in standing position holding the opponent's arms and hip throw
Kimura from side control	Lapel choke 1	Cross choke 1		Bear hug (front) pushing the face adding knee strike	Headlock defense from the back (mata leao): takedown
Knee on belly going to armbar	Lapel choke 2	Cross choke 2		Side headlock defense with punch, going to back	Headlock defense from the back (mata leao): breaking the posture

SIDE CONTROL	BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE	
Knee on belly going to armbar	Lapel choke 2	Cross choke 2		Side headlock defense with punch, going to back	Headlock defense from the back (mata leao) breaking the posture
Knee on belly escape replacing closed guard	Arm bar	Americana		Side headlock defense with front roll, breaking grip and armbar	Rear bear hug defense under the arms going to a leglock
Armbar	Going to back from all four (turtle)	Armbar escape		Barehand frontal choke against the wall: finger twist	High kick defense: lower the body, takedown and strike
Escape from side control 1		Escape from mount to guard (Elbow escape)		Double leg, opponent turns on all four and rear naked choke	Grab in the hair defense
Cross choke				Guillotine defense going to side control	
North-South choke				O Goshi grip going to De Ashi Harai and mount	

ADULTS' TECHNIQUES REQUIRED BY BELT

WHITE BELT

BLUE BELT

PURPLE BELT

BROWN BELT

BLACK BELT

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS	SIDE CONTROL
Front roll back roll Back and side break fall	O Soto Gari	Pulling to guard	Cross choke	Sweep with opponent standing 1	Replace guard from side control
Sit and hip escape	De Ashi Harai	Guard Recovery	Armlock 1	Scissor sweep	Going to mount position
Grips and footwork	Double leg	Open closed guard standing	Armbar escape	Kimura	Americana from side control
Idea of base	Single leg	Stand up passing guard with one arm trapped	Kimura	Half guard sweep 1	Kimura from side control
Leverage principles	Sprawl	Half guard passing	Triangle	Pendulum sweep	Knee on belly going to arm bar
Rocking and technical stand up		Open guard with knees on the floor	Double attack: arm bar and triangle	Spider guard sweep 1	Knee on belly escape replacing closed guard
Underhook switch		Bull pass	Omoplata		Armbar

BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE	
Seat belt	Mount control		Escape from both hands around the neck in standing position	Front kick defense taking the opponent down pushing his leg up
Controlling the back: hooks, crossing feet, body triangle	Bridge		Breaking both grips on the collar in standing position holding the opponent's arms and hip throw	Double leg, opponent turns to all four and rear naked choke
Rear naked choke	Armlock from mount 1		Side headlock defense with punch, going to back	Side punch defense, O Goshi takedown
Lapel choke 1	Cross choke 1		Side headlock defense with front roll, breaking grip and armbar	Face to face intimidation: going to guillotine
Armbar	Americana		Headlock defense from back (mata leao): takedown	High kick defense: lower the body, takedown and strike
	Armbar escape		Headlock defense from back (mata leao) breaking the posture	Bare hand frontal choke against the wall: finger twist
	Escape from mount to guard (Elbow escape)		Rear bear hug defense under the arms going to a leglock	Technical stand up, kicking opponent's knee
			Guillotine defense going to side control	Headlock defense in the floor, pushing the opponent's head
			Bear hug (front) pushing the face adding knee strike	Grab in the hair defense
			O Goshi grip going to De Ashi Harai and mount	

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS	SIDE CONTROL
Front roll Back roll Back and side break fall	O Soto Gari	Pulling to guard	Cross choke	Sweep with opponent standing 1	Replace guard from side control
Sit and hip escape	De Ashi Harai	Guard recovery	Armlock 1	Scissor sweep	Going to mount position
Grips and footwork	O Uchi Gari	Open closed guard standing	Armbar escape	Kimura	Americana from side control
Idea of base	Ko Uchi Gari	Stand up passing guard with one arm trapped	Kimura	Tripod sweep 1	Kimura from side control
Leverage principles	Double leg	Half guard passing	Triangle	Pendulum sweep	Knee on belly going to armbar
Rocking and technical stand up	Single leg	Open guard with knees on the floor	Double attack: armbar and triangle	Spider guard sweep 1	Knee on belly escape replacing closed guard

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS	SIDE CONTROL
Underhook switch	Sprawl	Bull pass	Omoplata	Lapel guard sweep 1	Armbar
	Knee drop Seoi Nage	Double underhook guard pass	Closed guard to Spider guard transition	Half guard sweep 1	Escape from side control 1
	Ippon Seoi Nage	Reverse half guard pass	Guard pull to Spider guard and sweep	Delariva sweep 1	Cross choke
		Knee slide pass 1	Wrist lock	Deep half guard sweep 1	North-South choke
			Arm drag going to the back		

BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE	
Seat belt	Mount control	Straight footlock	Escape from both hands around the neck in standing position	Front kick defense taking the opponent down pushing his leg up
Controlling the back: hooks, crossing feet, body triangle	Bridge		Escape from both hands around the neck in standing position with knee strike	Double leg, opponent turns to all four and rear-naked choke
Rear naked choke	Armlock from mount 1		Breaking both grips on the collar in standing position holding the opponent's arms and hip throw	Side punch defense, O Goshi
Lapel choke 1	Cross choke 1		Breaking both grips on the collar in standing position with forearm and Osoto Guruma, leg plus elbow strike	Face to face intimidation: going to guillotine
Lapel choke 2	Cross choke 2		Side headlock defense with punch, going to back	Distance management with front kick and bear hug takedown plus mount and Americana
Armbar	Americana		Side headlock defense with front roll, breaking grip and armbar	High kick defense: lower the body, takedown and strike

BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE	
Going to back from all four (turtle)	Armbar escape		Headlock defense from back (mata leao): takedown	Kick defense in the guard - "baloon" sweep
	Escape from mount to guard (Elbow escape)		Headlock defense from back (mata leao): breaking the posture	Barehand frontal choke against the wall: finger twist
	Ezequiel choke		Rear bear hug defense under the arms going to leglock	Collar grip (both) against the wall: break the grip and strike
			Guillotine defense going to side control	Technical stand up, kicking opponent's knee
			Bear hug (front) pushing the face adding knee strike	Headlock defense on the floor, pushing the opponent's head
			Bear hug (front) defense with hip throw	Grab in the hair defense
			O Goshi grip going to De Ashi Harai and mount	Wristlock

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS	SIDE CONTROL
Front roll back roll Back and side break fall	O Soto Gari	Pulling to guard	Cross choke	Sweep with opponent standing 1	Replace guard from side control
Sit and hip escape	De Ashi Harai	Guard recovery	Armlock 1	Scissor sweep	Going to mount position
Grips and footwork	O Uchi Gari	Open closed guard standing	Armbar escape	Kimura	Americana from side control
Idea of base	Ko Uchi Gari	Stand up passing guard with one arm trapped	Kimura	Tripod sweep 1	Kimura from side control
Leverage principles	Double leg	Half guard passing 1	Triangle	Tripod sweep 2	Knee on belly going to armbar
Rocking and technical stand up	Single leg	Half guard passing 2	Double attack: armbar and triangle	Pendulum sweep	Knee on belly and choke
Underhook switch	Sprawl	Reverse half guard pass	Omoplata	Spider guard sweep 1	Knee on belly escape replacing closed guard
	Knee drop Seoi Nage	Open guard with knees on the floor	Closed guard to Spider guard transition	Spider guard sweep 2	Armbar
	Ippon Seoi Nage	Bull pass	Guard pull to Spider guard and sweep	Lapel guard sweep 1	Escape from side control 1

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS	SIDE CONTROL
	O Goshi	Double underhook guard pass	Wrist lock	Lapel guard sweep 2	Cross choke
	Koshi Guruma	Knee slide pass 1	Arm drag going to back	Half guard sweep 1	North-South choke
	Tomoe Nage	Knee slide pass 2	Pulling guard with guillotine	Half guard sweep 2	Transition from side to back control
	Sumi Gaeshi	Delariva pass 1	Lapel choke	Delariva sweep 1	
		Spider guard passing 1	Back take from half guard	Delariva sweep 2	
				Deep half guard sweep 1	
				Deep half guard sweep 2	
				Butterfly sweep 1	
				Omoplata sweep	
				Worm guard sweep 1	

BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE	
Seat belt	Mount control	Straight footlock	Escape from both hands around the neck in standing position	Face to face intimidation: going to guillotine
Controlling the back: hooks, crossing feet, body triangle	Bridge		Escape from both hands around the neck in standing position with knee strike	Face to face intimidation: elbow strike, headbutt and bearhug takedown
Rear naked choke	Armlock from mount 1		Breaking both grips on the collar in standing position holding the opponent's arms and hip throw	Management distance with front kick and bear hug takedown plus mount and Americana
Lapel choke 1	Cross choke 1		Breaking both grips on the collar on standing position with forearm and Osoto Guruma, leg plus elbow strike	High kick defense: lower the body, takedown and strike
Lapel choke 2	Cross choke 2		Side headlock defense with punch, going to the back	Kick defense in the guard - "baloon" sweep
Lapel choke 3	Americana		Side headlock defense with front roll, breaking grip and armbar	Kick on the ribs line: leg control, O Soto Gari and straight footlock
Armbar	Armbar escape		Headlock defense from back (mata leao): takedown	Bare hand frontal choke against the wall: finger twist
Going to back from all four (turtle)	Escape from mount to guard (Elbow escape)		Headlock defense from back (mata leao): breaking the posture	Bare hand frontal choke against the wall: escape and elbow strike

BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE	
	Ezequiel choke		Rear bear hug defense under the arms going to leglock	Collar grip (both) against the wall: break the grip and strike
	Kata Gatame		Guillotine defense going to side control	Technical stand up, kicking opponent's knee
	Inverted armbar		Bear hug (front) pushing the face adding a knee strike	Technical stand up, kicking opponent's knee and Double leg
			Bear hug (front) defense with hip throw	Headlock defense on the floor, pushing the opponent's head
			O Goshi grip going to De Ashi Harai and mount	Grab in the hair defense
			Front kick defense taking the opponent down pushing his leg up	Wristlock
			Double leg, opponent turns to all four and rear naked choke	Front punch defense with Single leg takedown, plus knee on belly and strike
			Side punch defense, O Goshi	

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS	SIDE CONTROL
Front roll Back roll Back and side break fall	O Soto Gari	Pulling to guard	Cross choke	Sweep with opponent standing 1	Replace guard from side control
Sit and hip escape	De Ashi Harai	Guard recovery	Armlock 1	Scissor sweep	Going to mount position
Grips and footwork	O Uchi Gari	Open closed guard standing	Armbar escape	Kimura	Americana from side control
Idea of base	Ko Uchi Gari	Stand up passing guard with one arm trapped	Kimura	Tripod sweep 1	Kimura from side control
Leverage principles	Double leg	Half guard passing 1	Triangle	Tripod sweep 2	Knee on belly going to armbar
Rocking and technical stand up	Single leg	Half guard passing 2	Double attack: armbar and triangle	Pendulum sweep	Knee on belly and choke
Underhook switch	Sprawl	Reverse half guard pass	Omoplata	Spider guard sweep 1	Knee on belly escape replacing closed guard
	Knee drop Seoi Nage	Open guard with knees on the floor	Closed Guard to Spider guard transition	Spider guard sweep 2	Armbar
	Ippon Seoi Nage	Bull pass	Guard pull to Spider guard and sweep	Spider guard sweep 3	Escape from side control 1

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS	SIDE CONTROL
		Double underhook guard pass	Wristlock	Lapel guard sweep 1	Cross choke
		Knee slide pass 1	Arm drag going to back	Lapel guard sweep 2	North-South choke
		Knee slide pass 2	Pulling guard with guillotine	Lapel guard sweep 3	Transition from side to back control
		Delariva pass 1	Lapel choke	Half guard sweep 1	Baseball choke
		Delariva pass 2	Back take from half guard	Half guard sweep 2	
		Spider guard passing 1	Biceps slice	Half guard sweep 3	
		Spider guard passing 2		Delariva sweep 1	
		Butterfly guard pass		Delariva sweep 2	
				Delariva sweep 3	

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS	SIDE CONTROL
				Deep half guard sweep 1	
				Deep half guard sweep 2	
				Butterfly sweep 1	
				Omoplata sweep	
				Worm guard sweep 1	
				Worm guard sweep 2	
				Sweep from One Leg	

SIDE CONTROL	BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE	SELF DEFENSE
Replace guard from side control	Seat belt	Mount control	Straight footlock	Escape from both hands around the neck in standing position	Face to face intimidation: going to rear naked choke
Going to mount position	Controlling the back: hooks, crossing feet, body triangle	Bridge	Toe hold	Escape from both hands around the neck in standing position with knee strike	Management distance with front kick and bear hug takedown plus mount and Americana
Americana from side control	Rear naked choke	Armlock from mount 1	Kneebar	Breaking both grips on the collar in standing position holding the opponent's arms and hip throw	High kick defense: lower the body, takedown and strike
Kimura from side control	Lapel choke 1	Cross choke 1	Calf slice	Breaking both grips on the collar on standing position with forearm and Osoto Guruma, leg plus elbow strike	Kick defense in the guard - "baloon" sweep
Knee on belly going to armbar	Lapel choke 2	Cross choke 2		Side headlock defense with punch, going to back	Kick in the ribs: leg control, O Soto Gari, and straight footlock
Knee on belly and choke	Lapel choke 3	Americana		Side headlock defense with front roll, breaking grip and armbar	Barehand frontal choke against the wall: finger twist

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS	SIDE CONTROL
Knee on belly escape replacing closed guard	Armbar	Armbar escape		Side headlock defense against the wall, going to the opponent's back	Barehand frontal choke against the wall: escape and elbow strike
Armbar	Going to back from all four (turtle)	Escape from mount to guard (Elbow escape)		Side headlock defense against the wall, going to single leg takedown	Collar grip (both) against the wall: break the grip and strike
Escape from side control 1	Crucifix	Ezequiel choke		Headlock defense from back (mata leao): takedown	Collar grip (both) against the wall: bring the attacker to the wall and knee strike
Cross choke		Kata Gatame		Headlock defense from back (mata leao): breaking the posture	Technical stand up, kicking opponent's knee
North-South choke		Inverted armbar		Headlock defense on the floor, pushing the opponent's head	Technical stand up, kicking opponent's knee and double leg
Transition from side to back control				Headlock defense on the floor, getting the opponent's back	Headlock defense on the floor, pushing the opponent's head

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS	SIDE CONTROL
Baseball choke				Rear bear hug defense under the arms going to leglock	Grab in the hair defense
				Guillotine defense going to side control	Wristlock
				Bear hug (front) pushing the face adding knee strike	Front punch defense with single leg takedown, plus knee on belly and strike
				Bear hug (front) defense with hip throw	Front punch defense with bear hug takedown, plus armbar
				O Goshi grip going to De Ashi Harai and mount	Side punch defense, O Goshi
				Front kick defense taking the opponent down pushing his leg up	Face to face intimidation: going to guillotine
				Double leg, opponent turns to all four and rear naked choke	Face to face intimidation: elbow strike, headbutt, and bear hug takedown

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS
Front roll Back roll Back and side break fall	O Soto Gari	Pulling to guard	Cross choke	Sweep with opponent standing 1
Sit and hip escape	De Ashi Harai	Guard recovery	Armlock 1	Scissor sweep
Grips and footwork	O Uchi Gari	Open closed guard standing	Armbar escape	Kimura
Idea of base	Ko Uchi Gari	Stand up passing guard with one arm trapped	Kimura	Butterfly sweep 1
Leverage principles	Double leg	Double underhook guard pass	Triangle	Butterfly sweep 2
Rocking and technical stand up	Single leg	Reverse half guard pass	Closed Guard to Spider guard transition	Tripod sweep 1
Underhook switch	Knee drop Seoi Nage	Half guard passing 2	Pulling guard with guillotine	Tripod sweep 2
	Ippon Seoi Nage	Half guard passing 3	Guard pull to Spider guard and sweep	Pendulum sweep

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS
	Sprawl	Open guard with knees on the floor	Double attack: armbar and triangle	Omoplata sweep
	O Goshi	Bull pass	Omoplata	Delariva sweep 1
	Koshi Guruma	Knee slide pass 1	Lapel choke	Delariva sweep 2
	Tomoe Nage	Knee slide pass 2	Back take from half guard	Delariva sweep 3
	Sumi Gaeshi	Butterfly guard pass	Biceps slice	Spider guard sweep 1
		Delariva pass 1	Wristlock	Spider guard sweep 2
		Delariva pass 2	Arm drag going to back	Spider guard sweep 3
		Spider guard passing 1	Worm guard sweep 1	Lapel guard sweep 1

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS
		Spider guard passing 2	Worm guard sweep 2	Lapel guard sweep 2
				Lapel guard sweep 3
				Half guard sweep 1
				Half guard sweep 2
				Half guard sweep 3
				Sweep from one leg
				Half guard sweep 1
				Half guard sweep 2

BLACK BELT

4/10

[illegible]

BASIC TECHNIQUES	TAKEDOWNS	GUARD PASS	ATTACKS FROM GUARD	SWEEPS
Replace guard from side control	Seat belt	Mount control	Straight footlock	Escape from both hands around the neck in standing position
Escape from side control 1	Controlling the back: hooks, crossing feet, body triangle	Bridge	Toe hold	Escape from both hands around the neck in standing position with knee strike
Going to mount position	Rear naked choke	Armlock from mount 1	Knee bar	Escape from both hands around the neck in standing position with Koshi Guruma
Americana from side control	Going to back from all four (turtle)	Cross choke 1	Calf slice	Breaking both grips on the collar in standing position with forearm and Osoto Guruma, leg plus elbow strike
Knee on belly and choke	Lapel choke 1	Cross choke 2		Breaking both grips on the collar in standing position holding the opponent's arms and hip throw
Knee on belly going to armbar	Lapel choke 2	Americana		Side headlock defense with punch, going to back
Transition from side to back control	Lapel choke 3	Armbar escape		Side headlock defense pushing face/holding leg and takedown, plus armbar
Kimura from side control	Armbar	Escape from mount to guard (Elbow escape)		Side headlock defense with front roll, breaking grip, and armbar

SIDE CONTROL	BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE
Knee on belly escape replacing close guard	Inverted armbar	Ezequiel choke		Side headlock defense with Yoko Tomoe Nage, breaking grip and armbar
Armbar	Crucifix	Kata Gatame		Headlock defense from back (mata leao): takedown
Cross choke		Inverted armbar		Headlock defense from back (mata leao): breaking the posture
North-South choke				Rear bear hug defense over the arms throwing both legs over the body
Baseball choke				Rear bear hug defense under the arms going to leglock
				Guillotine defense going to side control
				Guillotine defense sitting and rolling back
				Bear hug (front) defense with hip throw

SIDE CONTROL	BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE
				Bear hug (front) pushing the face adding knee strike
				O Goshi with knee on belly and punch
				O Goshi grip going to De Ashi Harai and mount
				Front kick defense taking the opponent down pushing his leg up
				Front kick defense with front elbow strike
				Front kick defense with O Soto Gari
				Management distance with front kick and bear hug takedown plus mount and Americana
				Double leg, opponent turns to all four and rear naked choke

SIDE CONTROL	BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE
				Low kick shin defense, bear hug takedown, mount, and armbar
				Side punch defense, O Goshi
				Front punch defense with single leg takedown, plus knee on belly and strike
				Front punch defense with bear hug takedown, plus armbar
				Face to face intimidation: elbow strike, headbutt, and bear hug takedown
				Face to face intimidation: going to rear naked choke
				Face to face intimidation: going to guillotine
				High kick defense: lower the body, takedown and strike

SIDE CONTROL	BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE
				Kick on the ribs: leg control, O Soto Gari, and straight footlock
				Barehand frontal choke against the wall: escape and elbow strike
				Barehand frontal choke against the wall: finger twist
				Collar grip (both) against the wall: break the grip and strike
				Collar grip (both) against the wall: bring the attacker to the wall and knee strike
				Side headlock defense against the wall, going to the opponent's back
				Side headlock defense against the wall, going to single leg takedown
				Technical stand up, kicking opponent's knee

SIDE CONTROL	BACK CONTROL	MOUNT	LEG/FOOT ATTACKS	SELF DEFENSE
				Technical stand up, kicking opponent's knee and double leg
				Headlock defense on the floor, pushing the opponent's head
				Headlock defense on the floor, getting the opponent's back
				Wristlock
				Grab in the hair defense
				Kick defense in the guard - Balloon sweep



SELF- DEFENSE PROGRAM

SELF-DEFENSE PROGRAM – BASICS

The main goal of the Basic Self-Defense Program is to enable the general Jiu-Jitsu practitioner to neutralize a surprise attack and defend himself/herself against the most usual situations which might happen in the daily life of any community around the world.

In self-defense, you must avoid complex techniques. The concept of this program is to teach the use of Jiu-Jitsu techniques when a person is attacked. We skip techniques to defend against knives or guns as these kinds of movements need a special skilled coach to teach them, and it's not the goal of this syllabus. It uses mainly blocks, restraints, and levers to dominate the opponent as quickly as possible, shortening the combat time to avoid risks and leave physical differences in the background.

The complete concept for Self-Protection introduced by JJIF consists of many more areas to study and train.

SELF-DEFENSE PROGRAM – BASICS

Alongside learning and applying Jiu Jitsu techniques, it is important to also understand important factors in combat such as psychology, awareness, legal aspects, threat recognition, the process of violence, and especially the differences for areas of application like civil use, street attacks, domestic violence, police, or professional security.

Jiu-Jitsu practitioners must understand and be aware of the difference between sport, martial art, competition, and self-defense. This might be crucial for the safety and health of yourself and the people around you.

Coaches are invited to qualify themselves in “JJIF Reality-based Self Protection” if they would like to enhance their knowledge in this field.

SELF-DEFENSE PROGRAM – SUGGESTED CLASSES

1. Escape from both hands around the neck in a standing position
2. Escape from both hands around the neck in standing position with a knee strike
3. Escape from both hands around the neck in standing position with Koshi Guruma
4. Breaking both grips on the collar in standing position with forearm and Osoto Guruma, leg plus elbow strike
5. Breaking both grips on the collar in standing position holding the opponent's arms and hip throw
6. Side headlock defense with punch, going to the back
7. Side headlock defense pushing face/holding leg and takedown, plus armbar
8. Side headlock defense with front roll, breaking grip, and armbar
9. Side headlock defense with Yoko Tomoe Nage, breaking grip and armbar
10. Headlock defense from the back (mata leao): takedown
11. Headlock defense from the back (mata leao): breaking the posture
12. Rear bearhug defense over the arms throwing both legs over the body
13. Rear bearhug defense under the arms going to a leglock
14. Guillotine defense going to side control
15. Guillotine defense sitting and rolling back
16. Bearhug (front) defense with a hip throw
17. Bearhug (front) pushing the face with a knee strike
18. O Goshi with a knee on belly and punch
19. O Goshi grip going to De Ashi Harai and mount
20. Front kick defense taking the opponent down pushing his leg up
21. Front kick defense with a front elbow strike
22. Front kick defense with O Soto Gari
23. Management distance with a front kick and bearhug takedown plus mount and Americana
24. Double leg, opponent turns to all four and rear-naked choke
25. Low kick shin defense, bearhug takedown, mount, and armbar
26. Side punch defense, O Goshi
27. Front punch defense with single leg takedown, plus knee on belly and strike
28. Front punch defense with bearhug takedown, plus armbar
29. Face to face intimidation: elbow strike, headbutt, and bearhug takedown
30. Face to face intimidation: going to rear-naked choke
31. Face to face intimidation: going to the guillotine
32. High kick defense: lower the body, takedown, and strike
33. Kick on the ribs line: leg control, O Soto Gari and straight footlock
34. Barehand frontal choke against the wall: escape and elbow strike
35. Barehand frontal choke against the wall: finger twist
36. Collar grip (both) against the wall: break the grip and strike
37. Collar grip (both) against the wall: bring the attacker to the wall and knee strike
38. Side headlock defense against the wall, going to the opponent's back
39. Side headlock defense against the wall, going to single leg takedown
40. Technical stand up, kicking opponent's knee
41. Technical stand up, kicking opponent's knee and double leg
42. Headlock defense on the floor, pushing the opponent's head
43. Headlock defense on the floor, getting the opponent's back

KIDS' PROGRAM

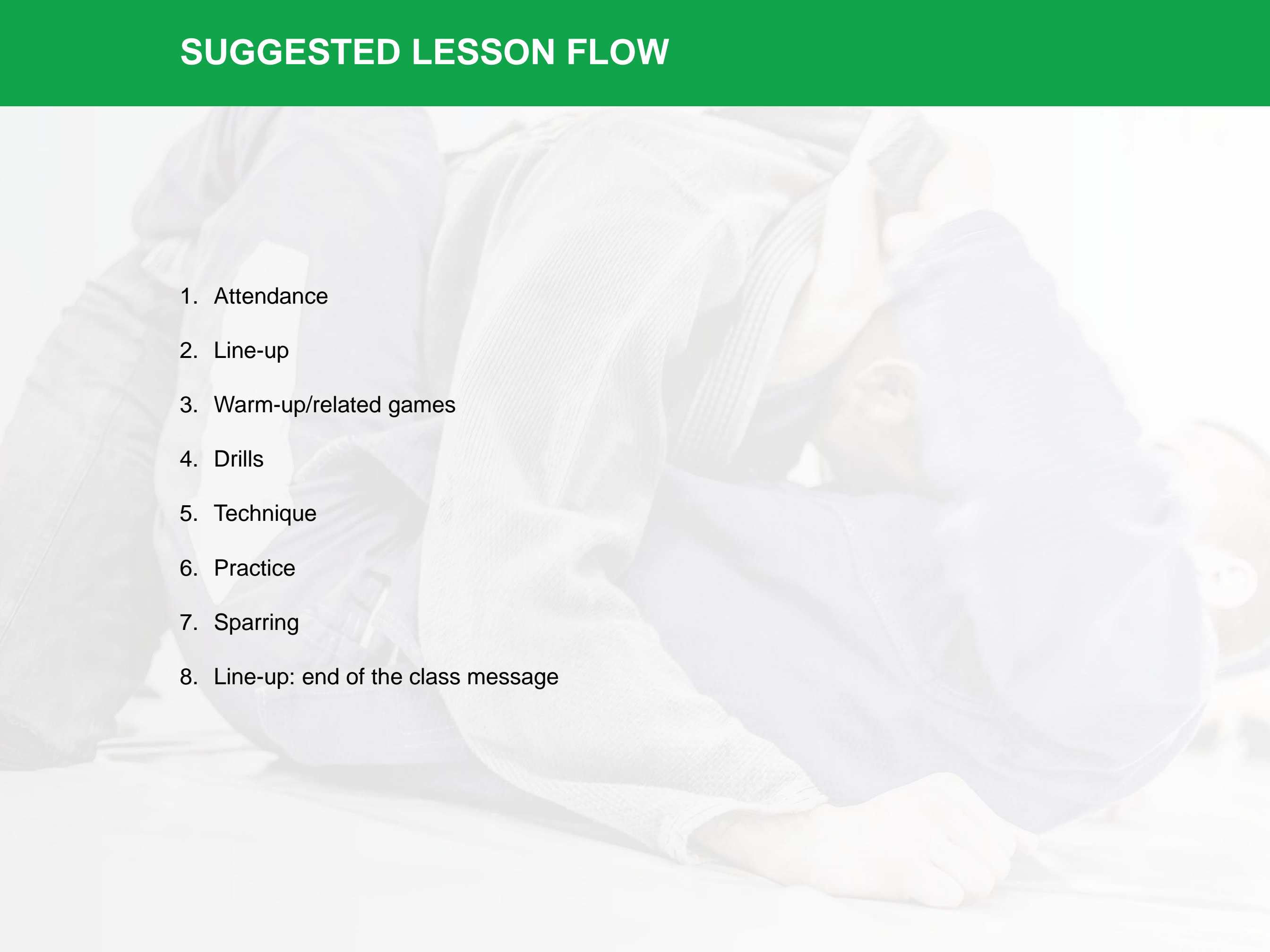
The kids' program is based on teaching the fundamentals of the martial art to children.

Children learn differently and have a different physiology than adults.

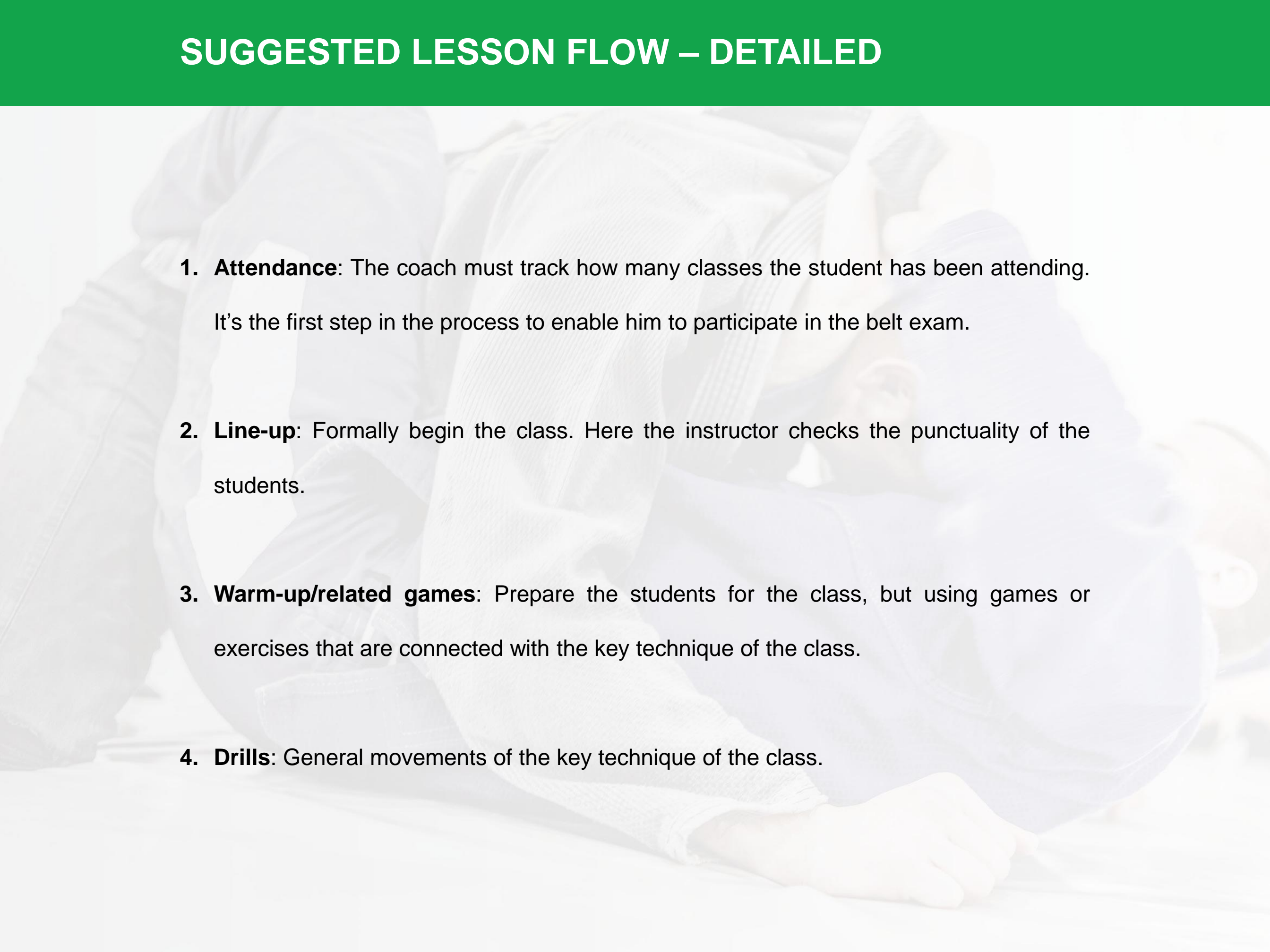
The goal is not to create high-performing athletes but allow all students to be able to become an athlete in the future, to defend themselves against bullying situations, and increase their fitness level (for more about Violence Prevention for Kids we recommend the special programs of JJIF).

The instructors must understand these goals and apply them in their classes. The young students are the future of our organization, we must work hard to deliver a good class, with a lot of fun, making them enjoy our sport.

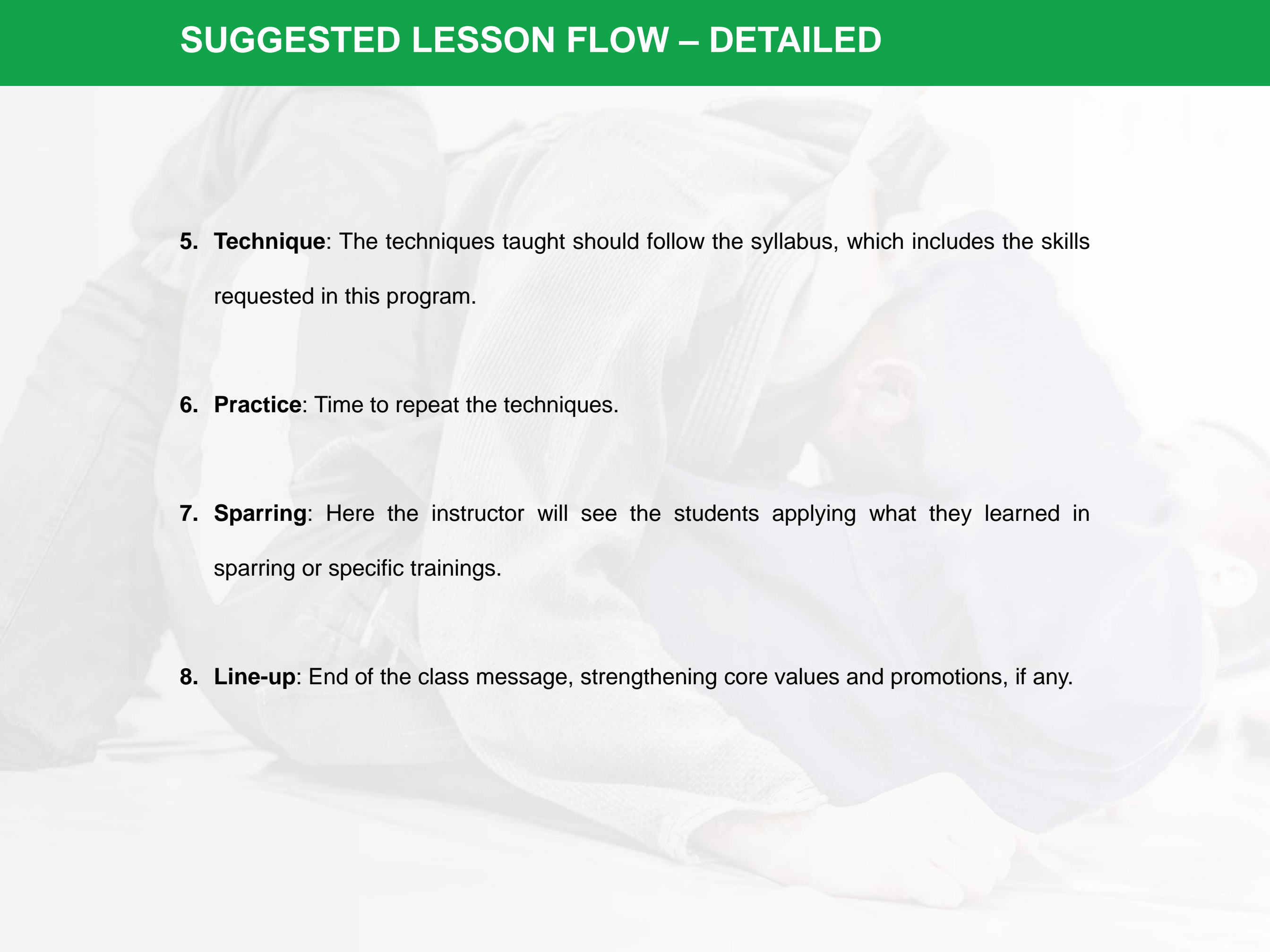
SUGGESTED LESSON FLOW

- 
1. Attendance
 2. Line-up
 3. Warm-up/related games
 4. Drills
 5. Technique
 6. Practice
 7. Sparring
 8. Line-up: end of the class message

SUGGESTED LESSON FLOW – DETAILED

- 
1. **Attendance:** The coach must track how many classes the student has been attending.
It's the first step in the process to enable him to participate in the belt exam.
 2. **Line-up:** Formally begin the class. Here the instructor checks the punctuality of the students.
 3. **Warm-up/related games:** Prepare the students for the class, but using games or exercises that are connected with the key technique of the class.
 4. **Drills:** General movements of the key technique of the class.

SUGGESTED LESSON FLOW – DETAILED

- 
5. **Technique:** The techniques taught should follow the syllabus, which includes the skills requested in this program.
 6. **Practice:** Time to repeat the techniques.
 7. **Sparring:** Here the instructor will see the students applying what they learned in sparring or specific trainings.
 8. **Line-up:** End of the class message, strengthening core values and promotions, if any.

SUGGESTED LESSON PLAN

LESSON PLAN

LESSON

DATE

WARM UP

DRILLS

TECHNIQUE

PRACTICE

[illegible]

- Knowledge of the techniques
- Explanation clear and logical
- Logical connection and transitions of the techniques
- Flow of the movements

- First the examiner will ask for the techniques below
- After, the athlete will explain detailed 10 techniques from the program chosen by the examination.
- Then, the athlete will explain detailed two techniques chosen by him.
- The athlete will explain detailed 7 sequences chosen by him.
- For self defense, the examiner will request techniques from different situations, executed most realistic as possible.

[illegible][illegible]

SUBMISSIONS FROM MOUNT POSITION	YES	NO

[illegible]

[illegible]

- Knowledge of the techniques
- Explanation clear and logical
- Logical connection and transitions of the techniques
- Flow of the movements

- First the examiner will ask for the techniques below
- After, the athlete will explain detailed 5 techniques from the program chosen by the examination.
- Then, the athlete will explain detailed two techniques chosen by him.
- The athlete will explain detailed 5 sequences chosen by him.
- For self defense, the examiner will request techniques from different situations, executed most realistic as possible.

[illegible]

SWEEPS FROM CLOSED GUARD		YES	NO

[illegible][illegible][illegible]

SUBMISSIONS FROM MOUNT POSITION		YES	NO

[illegible]

BELT EXAM – PURPLE



BELT EXAM - PURPLE BELT

Evaluation Criteria	Additional Options
<ul style="list-style-type: none">Knowledge of the techniquesExplanation clear and logicalLogical conection and transitions of the techniquesFlow of the movements	<ul style="list-style-type: none">First the examiner will ask for the techniques below.After, the athlete will explain detailed two techniques chosen by the examination.After, the athlete will explain detailed two techniques chosen by him.The athlete will explain detailed two sequences chosen by him.

TAKEDOWNS (with ground control)	YES	NO	SWEEPS FROM CLOSED GUARD	YES	NO

SWEEPS FROM OPEN GUARD (SPIDER, LASSO, DLR, etc)	YES	NO	GUARD PASSING	YES	NO

SELF DEFENSE	YES	NO	SUBMISSIONS FROM MOUNT POSITION	YES	NO

SUBMISSIONS FROM CLOSED GUARD	YES	NO

BELT EXAM – BLUE



BELT EXAM - BLUE BELT

Evaluation Criteria

- Right posture
- Basic Knowledge
- Logical Grips
- Balance
- Opponent Control

Additional Options

- Examinators can ask about the point scoring in the techniques performed
- Examinators can add a free sparring
- Ask for escapes (mount, side control, back control)

TAKEDOWNS (not double or single leg)	YES	NO	SWEEPS	YES	NO

GUARD PASSING	YES	NO	SELF DEFENSE	YES	NO

SUBMISSIONS FROM CLOSED GUARD	YES	NO	SUBMISSIONS FROM MOUNT POSITION	YES	NO



STRIPE SYSTEM

STRIPE SYSTEM

For all color belts, we suggest the adoption of the “stripe system”, where after a minimum number of classes is completed, the Jiu-Jitsu practitioner can receive one stripe. The number of classes required for each stripe depends on the current belt. The “stripe system” is not part of the official belt system, and its adoption, as the number of classes for each stripe, belongs to the local organization and its trainers.

The main point of this system is to keep the players, especially kids, motivated to train our sport, being promoted more frequently.

STRIPE SYSTEM | Kids' classes in each stripe

WHITE BELT

- First stripe: 21 classes
- Second stripe: 21 classes
- Third stripe: 21 classes
- Fourth stripe: 21 classes
- Plus 21 classes: next belt

GREY BELT

- First stripe: 21 classes
- Second stripe: 21 classes
- Third stripe: 21 classes
- Fourth stripe: 21 classes
- Plus 21 classes: next belt

YELLOW BELT

- First stripe: 32 classes
- Second stripe: 32 classes
- Third stripe: 32 classes
- Fourth stripe: 32 classes
- Plus 32 classes: next belt

ORANGE BELT

- First stripe: 32 classes
- Second stripe: 32 classes
- Third stripe: 32 classes
- Fourth stripe: 32 classes
- Plus 32 classes: next belt

GREEN BELT

- First stripe: 32 classes
- Second stripe: 32 classes
- Third stripe: 32 classes
- Fourth stripe: 32 classes
- Plus 32 classes: next belt

STRIPE SYSTEM | Adults' classes in each stripe

WHITE BELT

- First stripe: 21 classes
- Second stripe: 21 classes
- Third stripe: 21 classes
- Fourth stripe: 21 classes
- Plus 21 classes: next belt

BLUE BELT

- First stripe: 63 classes
- Second stripe: 63 classes
- Third stripe: 63 classes
- Fourth stripe: 63 classes
- Plus 63 classes: next belt

PURPLE BELT

- First stripe: 58 classes
- Second stripe: 58 classes
- Third stripe: 58 classes
- Fourth stripe: 58 classes
- Plus 58 classes: next belt

BROWN BELT

- First stripe: 52 classes
- Second stripe: 52 classes
- Third stripe: 52 classes
- Fourth stripe: 52 classes
- Plus 52 classes: next belt

STRIPE SYSTEM | Number of classes

These number of classes are based on the MINIMUM time that an athlete must stay in the belt, with a minimum number of classes necessary for successful learning. The coach/coaches decide to keep the student some more classes in the rank if needed.

BELT	MINIMUM TIME	MINUM AGE	WEEKS	CLASSES PER WEEK	TOTAL CLASSES
WHITE BELT	NO	NO	52	2	104
GREY AND WHITE			52	2	104
GREY	NO	7 Y.O.	52	2	104
GREY AND BLACK			52	2	104
YELLOW AND WHITE			52	3	156
YELLOW	NO	7 Y.O.	52	3	156
YELLOW AND BLACK			52	3	156
ORANGE AND WHITE			52	3	156
ORANGE	NO	10 Y.O.	52	3	156
ORANGE AND BLACK			52	3	156
GREEN AND WHITE			52	3	156
GREEN	NO	13 Y.O.	52	3	156
GREEN AND BLACK			52	3	156

STRIPE SYSTEM | Number of classes

BELT	MINIMUM TIME	MINIMUM AGE	WEEKS	CLASSES PER WEEK	TOTAL CLASSES
WHITE BELT	NO	NO	52	2	104
BLUE BELT	2 years	16 y.o.	104	3	312
PURPLE BELT	1 year and half	16 y.o.	72	4	288
BROWN BELT	1 year	18 y.o.	52	5	260
BLACK BELT		19 y.o.			



CORE VALUES

During the classes, especially in the final message, the instructors will always reinforce the core values of the sport:

- **BENEVOLENCE**

I will look for the good in all people and make them feel worthwhile. I will show compassion to all living things and nature.

- **CHARACTER**

I will reflect honor and respect on the martial arts and our forms of association by leading a clean and upstanding lifestyle. It is not through words, but my actions, that I will set a good example for others to follow.

- **COURAGE**

I will develop courage by opposing influences that can cause failure and defeat mentally, physically, and spiritually. I will stand up for the truth and justice. I will not display petty bravery by engaging in meaningless rivalry, foolish stunts, or the intimidation of others.

- **COURTESY**

I will extend proper manners and etiquette to those I meet.

- **ENCOURAGEMENT**

I will be as enthusiastic about the success of others as I am about my accomplishments.

- **ENDURANCE**

I will persevere through all obstacles and challenges in life. I will not lose faith in myself or those I love through physical, mental, and emotional hardship.

- **FAMILY DEDICATION**

I will continually work at developing love, happiness, and loyalty in my family and acknowledge that no other success can compensate for failure at home.

- **FORGIVENESS**

I will forget the mistakes of the past and press on to greater achievements in the future.

- **HEALTH**

I will protect my skills by avoiding harmful health practices such as smoking, drugs, and excessive use of alcohol. I will preserve and defend the ethics of Ju-Jitsu and will never enhance my mental and physical performance unnaturally (or to treat ailments or injury when is medical unjustified) for the sole purpose of taking part in a competition with using prohibited substances before or during a competition or training.

- **HONESTY**

My personal, business, academic, and family life will be conducted honestly, and will not accommodate lying, cheating, or stealing.

- **HUMILITY**

I will invest so much time towards the improvement of myself that I will find no time to criticize others. I will remain humble to continue my growth.

- **INTEGRITY**

I will be sincere and forthright in my relationships with others and maintain a high level of moral principles in my daily living. I will not be manipulated or intimidated by power, corrupted by money, nor weakened by desire. I will demonstrate sincerity by carrying the code outside the school and club and into all aspects of life. I will not be “two-faced” or a hypocrite.

- **LOYALTY**

I will be faithful, supportive, defend, and be true to myself, my family, my colleagues, my friends, and the way of the art.

- **MERCY**

I will always show mercy and compassion to all living things.

- **MOTIVATION**

I will become and remain highly goal-oriented throughout my life, for the enrichment of my soul.

- **NON-CRITICISM**

If I have nothing positive to say about a person, I will say nothing.

- **OPEN-MINDEDNESS**

I will maintain an attitude of open mind toward another person's viewpoint while still holding fast to what I know to be true and honest.

- **OPTIMISM**

I will always be in a positive frame of mind and convey this feeling to others.

- **PATIENCE**

I will not look down on those who have not reached my level of skill or understanding. I will use others as a positive inspiration while understanding that everyone progresses at different rates. I will be patient with myself and recognize that I am imperfect.

- **RESPECT**

I will show respect for the Ju-Jitsu seniority ranking system and structure, all members of the Ju-Jitsu family and other martial artists, all human beings, respect for society, institutions, other nations, cultures, and all aspects of life and nature.

- **SELF-CONFIDENCE**

I will have confidence in myself and my abilities. When the proper time comes for me to contribute, I will not give in to uncertainty. I will have confidence in those around me and give them my constant support and encouragement.

- **SELF-CONTROL**

I will retain my composure and remain calm in stressful situations, regardless of the behavior of others towards me. I will not lash out verbally or physically for undue reasons. It is my responsibility to control myself and to use my special skills properly. Beginners will mask emotions. Advanced practitioners will control and discipline emotions and actions through self-control. I will act, not react.

- **SELF-DEVELOPMENT**

I will develop myself to the maximum of my potential in all ways. I will develop a habit of lifelong learning and practice these principles in daily life.

- **SELF-DISCIPLINE**

The key ingredient for success in life is the discipline of mind and body. Setting goals and following them through with full commitment and dedication builds self-discipline. Whatever goal I set for myself, I will first get a mental image of what it is I want to achieve, then I will be determined and persistent enough to overcome all obstacles that might get in my way or prevent me from achieving my goal without prevailing over other people's interests. Finally, I will train or study accordingly until that goal is attained.

- **SERVICE**

I will give unselfish service by helping and encouraging other students, participating in school or club projects and activities, and I will show pride by maintaining a clean and orderly place to train and learn. These codes principles should encourage individuals to live impeccably with more joy, more choice, and more peace. A path is not without risk but is not without rewards. Living by the Warrior Code will enrich daily living on our terms.

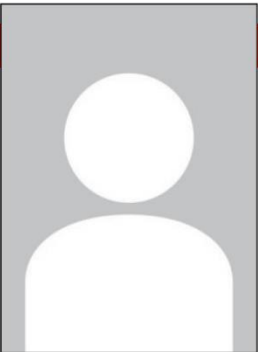
RANK APPLICATION FORM



**JU-JITSU INTERNATIONAL
FEDERATION**
Head quarter
P.O.Box 110006, Abu Dhabi - UAE

RANK APPLICATION

Rank Required:
Name:
Date of Birth:
Address
Phone:
Email:
Sports ID number:
First registration in JJIF:



PREVIOUS GRADES		
BELT	DATE	COACH
Blue		
Purple		
Brown		
Black		

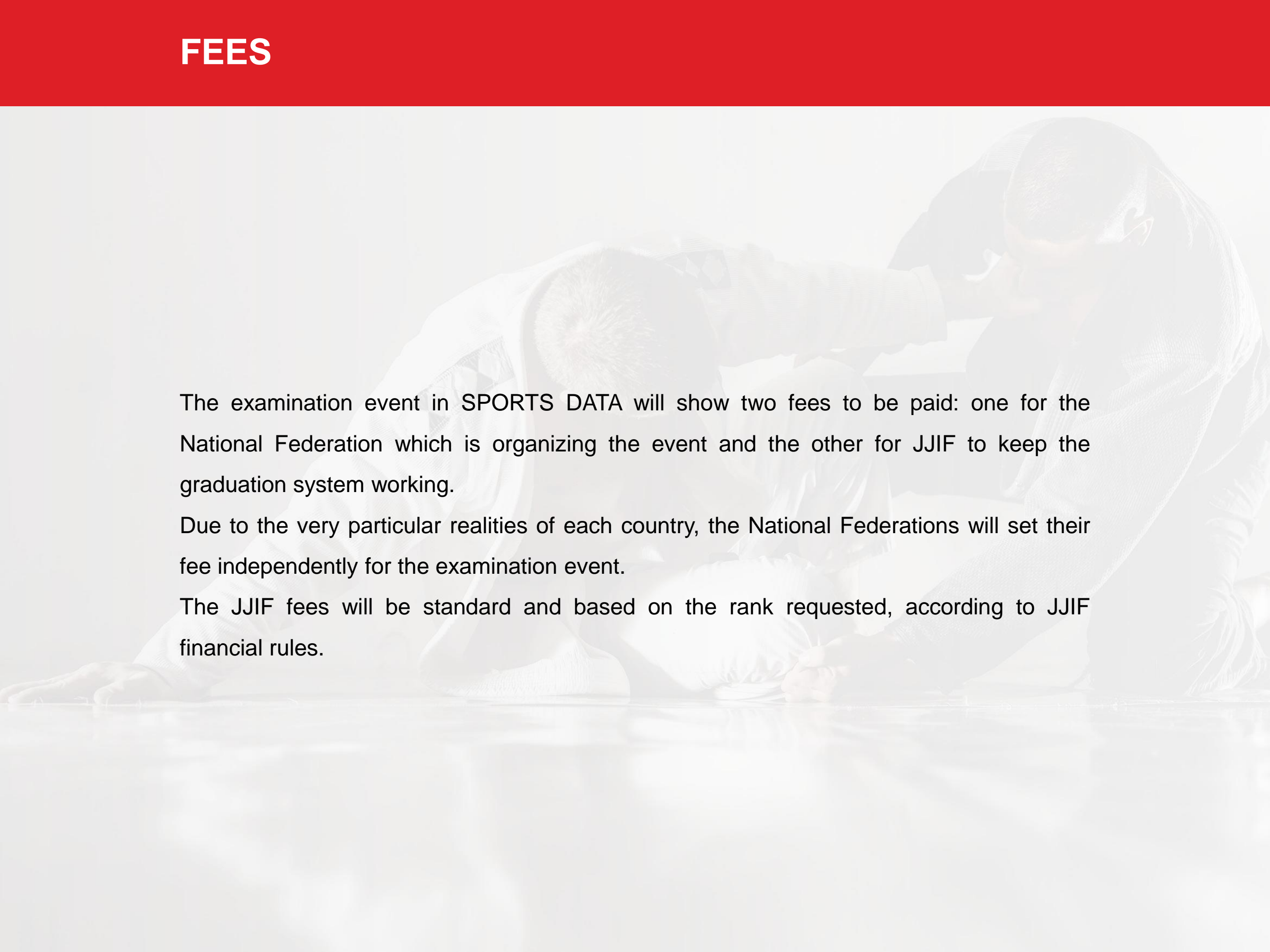
COMPETITIONS / COURSES			
DESCRIPTION	DATE	BELT	OBSERVATIONS

COACH'S NAME	COACH'S SPORTSID
COACH'S SIGN	DATE
ATHLETE'S SIGN	DATE

FOR JJIF USE ONLY	
RANK RESULT	DATE
JJIF SIGN	DATE
OBSERVATION	

<<REF. No>>

FEES

A faded background image of two judo athletes in white gi bowing to each other on a mat. The athletes are in a formal bowing posture, with their heads touching and hands clasped in front of them. The image is semi-transparent, allowing the text to be overlaid clearly.

The examination event in SPORTS DATA will show two fees to be paid: one for the National Federation which is organizing the event and the other for JJIF to keep the graduation system working.

Due to the very particular realities of each country, the National Federations will set their fee independently for the examination event.

The JJIF fees will be standard and based on the rank requested, according to JJIF financial rules.

DIPLOMAS SAMPLES

01/01/2021



CERTIFICATE

**JU-JITSU INTERNATIONAL
FEDERATION**

hereby presented to:

NAME

The rank of

BLACK BELT

After successfully reach all requirements as
stated by the rules and regulations of JJIF

Panagiotis Theodoropoulos
JJIF PRESIDENT
<<REF. No>>

JIU JITSU GRADING COMMISSION

01/01/2021



JU-JITSU INTERNATIONAL FEDERATION

hereby presented to:

NAME

The rank of

BLUE BELT

After successfully reach all requirements as stated by the rules and regulations of JJIF

Panagiotis Theodoropoulos
JJIF president



Jiu Jitsu Ggrading Commission