



BJJ FIT METHOD - WORLD BELT EXAM

Techniques		Blue	Purple	Brown	Black
Falls	With gi	3	5	6	8
	Without gi	2	4	5	6
Guard Passes	Open guard	2	3	4	5
	Closed guard	2	3	4	5
Attacks (Dynamic and Connected)	In the guard pass	2	3	5	6
	Open guard	3	4	5	6
	Closed guard	3	4	5	6
	Side control	3	4	6	8
	Mount position	3	4	6	8
	Knee on belly	3	4	6	8
	On the back	3	4	6	8
	Of four supports	2	3	5	6
Modern Jiu-Jitsu ²		1	2	3	5
Open Guard	Sweeps	2	3	4	6
Closed Guard	Sweeps	2	3	4	6
Half Guard (Dynamic)	Passes	2	3	4	5
	Attacks from the top	2	3	4	5
	Attacks from the bottom	2	3	4	5
	Sweeps	2	3	4	5
Transitions (Dynamic)	Position transitions	3	4	6	8
Self-Defense (Dynamic) ¹	Positions	4	6	10	15
Defense against Strikes	Triangle	1	2	3	3
	Arm-lock from mount	1	1	2	2
	Arm-lock from closed guard	1	1	2	2
	Omplata	1	1	2	2
	Biceps lock	-	-	1	1
	Kata-gatame	1	1	1	1
	Strangulation	1	2	3	3
	Kimura	1	1	2	2
	Foot lock	1	1	3	3
	Guillotine	1	1	2	2
	Spinning sweeps	1	2	2	2
	Position Escapes (Dynamic)	Mount position	1	2	3
Immobilization		1	2	3	3
Knee on belly		1	2	3	3
On the back		1	2	3	3
On all fours		1	2	3	3
Chaining Techniques	Free	3	5	7	10
Basics of No Holds Barred		3	5	7	10
Characteristic (Strong) Student Positions ³		-	1	2	3
Teaching Principles + Sport Jiu-Jitsu ⁴		Basic rules	Basic rules	Basic rules	Complete

¹ Self-Defense: The instructor will place the student in random situations related to the topic, and the student will have to demonstrate personal defense techniques.

² Modern Jiu-Jitsu: Demonstration of advanced techniques, such as deep half guard, inverted half guard, guard using the lapel, berimbolo, guard pass with leg-drag, etc.

³ The student must demonstrate and explain their signature positions, that is, positions they execute well and are already integrated into their game.

⁴ Sport Jiu-Jitsu: Explanation of the rules of sport Jiu-Jitsu, such as scoring, prohibited moves, etc., in accordance with the official rules of the CBJJ.