



# Capital MMA and Elite Fitness Children's BJJ Promotion Rubric

## – Burke, VA

**Philosophy:** Capital strives to be a place for safety, fun, and learning. We aim to teach our students not only the sportive techniques, but also self-defense techniques, and confidence.

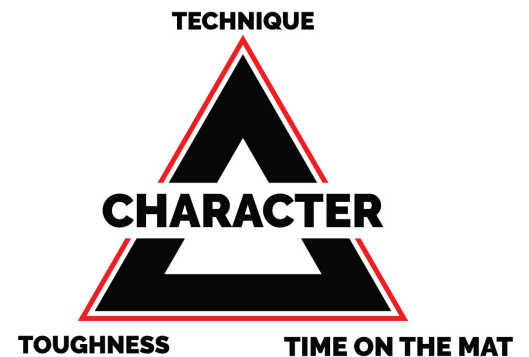
It is important to note that promotion eligibility has requirements beyond just class attendance. Your coach(s) will decide when you're ready to test for your next belt level. Professor Jeremy Lafreniere talks about the Three T's and the Big C when it comes to judging when a student is ready to be promoted to the next belt level. The Three T's are Time on the Mat, Technique, and Toughness. The Big C is Character.

There is no substitute for Time on the Mat. There is a certain level of jiu jitsu maturity that a student must achieve before being promoted to a higher belt level, and the only way to develop that maturity is by time. We look for roughly eight months of persistent practice to advance for a belt.

Capital MMA has a culture of being a fun and safe place to train. Understand that what we are training is a combat martial art, and that requires a certain amount of Toughness. Our kids demonstrate the toughness every time they go out and spar (playfully) and learn this art/sport.

Technique is where the proverbial rubber meets the road. Without a level of technical expertise, a student is not ready to be promoted, regardless of the number of classes attended.

The Big C – Character. Are you volunteering to help clean the mats? Are you helping with the brand-new student who is attending their very first class? Are you paying attention in class? Are you a good training partner or are you a bully on the matts? While there are too many factors to list, understand that without good character, you are not ready to be promoted to the next level. We will also look for parents to testify the kid is behaving at home and at school.



**Belt Structure:** Per International Brazilian JiuJitsu Federation (IBJJF) Capital honors the following belts for children:

		4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
WHITE		[Bar from 4 to 21]																		
GREY GROUP	Grey / White	[Bar from 4 to 15]																		
	Grey	[Bar from 4 to 15]																		
	Grey / Black	[Bar from 4 to 15]																		
YELLOW GROUP	Yellow / White				[Bar from 7 to 15]															
	Yellow				[Bar from 7 to 15]															
	Yellow / Black				[Bar from 7 to 15]															
ORANGE GROUP	Orange / White							[Bar from 10 to 15]												
	Orange							[Bar from 10 to 15]												
	Orange / Black							[Bar from 10 to 15]												
GREEN GROUP	Green / White									[Bar from 13 to 15]										
	Green / Black									[Bar from 13 to 15]										
	Green									[Bar from 13 to 15]										
BLUE														[Bar from 16 to 21]						
PURPLE														[Bar from 16 to 21]						
BROWN																	[Bar from 18 to 21]			
BLACK																		[Bar from 20 to 21]		

**Stripes:** Each belt will have eight possible stripes or degrees. Degrees will be awarded to students based on their attendance, focus, and ability to learn and practice the techniques taught to them. White (or black) for the first four and then overlapped by red to indicate the last four.

**Promotion:** Students may be promoted to another belt prior to receiving all eight stripes based on the assessment of their coach(es). Typical time in a belt ranges from six months to one year (typically 8 months) depending on student and situation. By the time the student is asked to demonstrate, their coaches already consider them at that next level. The demonstration is an opportunity for the student to show others in class and attending (friends, family) what they know. Demonstrations can be done individually or in group based on coach discretion/situation. For promotion, the student will be asked to demonstrate the following:

Belt	Safety, Mvmt, & SD	Character	Position	Technique
Grey & White	Forward Roll Rear breakfall Tech Get-up	Good listening Safe Sparring Can tie belt	Guard and 1 escape Mount and 1 escape	Armbar (any) Americana (any)
Grey	Backward Roll Shrimp Snake walk	On task Playful Sparring	Side and 1 escape Back Mount (back pack)	Choke (any) Takedown (any)
Grey & Black	Pummeling Penetration Step Sprawl	Able to tutor new students through technique	Half guard Open guard (any)	Triangle Choke Kimura
Yellow & White	Punch block 1-4	Able to teach position	SD Ground 1 Back Mount Escape	Omoplata Punch (cross, jab)
Yellow	Headlock Def x 2	Able to teach technique	SD Standing	Guillotine Kick (push kick, side kick)
Yellow & Black	Bear Hug Def x 2	Able to teach escape	Lockdown Clinch	Ezekiel
Orange & White	Promotions to orange and green belts are at coach discretion.			
Orange				
Orange & White				
Green				
Green & Black				

**Promotion Format and Frequency:** Promotions will typically be in group format with more than one student promoting and will be conducted during normal class times. Promotions will typically be held 3-4 times a year. Students who cannot attend the promotion will be offered an opportunity to demonstrate at the next available test.

**Poor Behavior/Conduct:** Capital expects their students to be upstanding citizens on and off the matt – in home, in the school, and in public. Behavior not fitting Capital’s philosophy will result in a temporary removal of the belt to be restored by a coach when the student has demonstrated that they understand their error and have made effort to “make it right.”