



# KOKORO

BRAZILIAN JIU JITSU

## **Progression Guidelines August 2023**

### **Blue Belt**

Training Hours: 200+

Technical Knowledge:

#### Standing Position / Self Defense

1. Ready in Base
2. Punch Defense
3. Front Kick Defense
4. Round Kick Defense
5. Break Fall
6. Clinch
7. Body Fold Takedown
8. Leg Hook Takedown
9. Hip Throw
10. Rear Lift Throw
11. Rear Sitting Takedown

#### Mount Position (Top)

1. Maintain Mount
2. Americana
3. Straight Arm Bar
4. Cross Choke

#### Mount Position (Bottom)

1. Upa Escape
2. Elbow / Hip Escape

#### Side Control Position (Top)

1. Maintain Side Control
2. Scarf Hold
3. Reverse Scarf Hold
4. Transition to Mount
5. Americana
6. Kimura

### Side Control (Bottom)

1. Defensive Position
2. Recover Guard
3. Escape to Knees
4. Headlock Escape

### Guard (Top)

1. Defensive Posture
2. Break Guard Both Knees Down
3. Break Guard One Knee Up
4. Break Guard Standing
5. Double Under Hook Pass
6. Knee Slice Pass
7. Guillotine Defense

### Guard Position (Bottom)

1. Breaking Posture
2. Defend Punches
3. Cross Collar Choke
4. Straight Arm Bar
5. Kimura
6. Triangle
7. Guillotine
8. Scissor Sweep
9. Hip Bump Sweep

### Back Position (Offense)

1. Back Control
2. Rear Naked Choke
3. Bow and Arrow Choke
4. Flatten Opponent from Turtle

### Back Position (Defense)

1. Defensive Position
2. Shoulders to Mat

## **Purple Belt**

### As Blue Belt Guidelines+

Training Hours: Additional 1000+ Hours

Technical Knowledge:

### Standing Position / Self Defense

1. +2 Self Defense Techniques

2. +2 Throws
3. +2 Takedowns
4. + Takedown Defense

#### Guard Passing

1. + 1 Standing Pass
2. + 1 Open Guard Pass

#### Half Guard Top

1. 2 Half Guard Passes
2. 2 Half Guard Submissions

#### Half Guard Bottom

1. Re-Guard
2. Back Take
3. 2 Sweeps

#### Leg Locks

1. Straight Ankle Lock + Defense
2. Heel Hook + Defense
3. Toe Hold + Defense
4. Knee Bar + Defense

#### Knee on Belly

1. Positional Control
2. Straight Arm Lock
3. Cross Choke
4. Mount Transition
5. 2 KOB Escapes

### **Brown Belt**

#### As Purple Belt Requirements+

Training Hours: Additional 500+ Hours

Technical Knowledge:

#### Standing Position / Self Defense

- + 4 Self Defense Techniques
- + 4 Throws
- + 4 Takedowns
- + Takedown Defense

#### Mount Position (Top)

- + 4 Chokes
- + 4 Arm Lock Variations
- + 4 Combos

#### Mount Position (Bottom)

- + 4 Escapes
- + 4 Combos

#### Side Control (Top)

- + Side Control Positional Transitions
- + Knee on Stomach Transitions
- + 4 Chokes
- + 4 Arm Lock Variations
- + 4 Combos

#### Side Control (Bottom)

- + 4 Escapes
- + 4 Escape Combos

#### Guard Passing

- + 4 Guard Passes
- + 4 Combos

#### Guard

- + 4 Submissions
- + 4 Combos

#### Back Position / Turtle

- + 4 Submissions
- + 4 Escapes
- + 4 Transitions

#### Submission Defense

- + 4 Arm Lock Defenses
- + 4 Choke Defenses

### **Black Belt**

#### As Blue Belt Requirements+

Training Hours: Additional 500+ Hours

Technical Knowledge:

## Standing Position / Self Defense

- + 6 Self Defense Techniques
- + 6 Throws
- + 6 Takedowns
- + Takedown Defense

## Mount Position (Top)

- + 6 Chokes
- + 6 Arm Lock Variations
- + 6 Combos

## Mount Position (Bottom)

- + 6 Escapes
- + 6 Combos

## Side Control (Top)

- + Side Control Positional Transitions
- + Knee on Stomach Transitions
- + 6 Chokes
- + 6 Arm Lock Variations
- + 6 Combos

## Side Control (Bottom)

- + 6 Escapes
- + 6 Escape Combos

## Guard Passing

- + 6 Guard Passes
- + 6 Combos

## Guard

- + 6 Submissions
- + 6 Combos

## Back Position / Turtle

- + 6 Submissions
- + 6 Escapes
- + 6 Transitions

## Submission Defense

- + 6 Arm Lock Defenses
- + 6 Choke Defenses