



## Kokoro Jiu Jitsu Blue Belt Testing Criteria

Now that you have gained confidence and learned the fundamental techniques we teach at Kokoro, you may be considering testing for promotion to blue belt - the most important promotion on your path to Jiu-Jitsu mastery. Even though the blue belt is only the second belt in the system, its award signifies that you have learned the most important Jiu-Jitsu techniques. Qualification for blue belt requires mastery of all variations of the fundamental techniques in every conceivable combination.

### **THERE IS NO TIME REQUIREMENT ASSOCIATED WITH ELIGIBILITY TO TEST.**

Award of the Blue Belt requires successful completion of five drills. These drills constitute a standardized test of your proficiency in the execution of the fundamental techniques.

### **Example Test Drills**

[Mount Drill](#)

[Guard Drill](#)

[Side Drill](#)

[Standing Drill](#)

[Freestyle Drill](#)

Drills 1 through 4 test your execution of the techniques from the mount, guard, side mount, and standing positions. For each drill, you have five minutes to demonstrate all variations of the techniques in the exact order that we list them. Drill 5 is the most important segment of the evaluation, since it tests your ability to execute all techniques in a continuous 5 minute, unscripted Freestyle Drill. Once you are confident in your ability to perform the five drills, you may take the test using one of the following two methods:

### **Option 1 - Video Evaluation**

Film yourself conducting the test. Then upload the drills to Youtube as unlisted and share the links by emailing to [kokorobjj@gmail.com](mailto:kokorobjj@gmail.com) so a certified instructor can view and evaluate your performance. Listed below are some important details regarding the video evaluation process:

- **Talk Through the Moves:** We understand that it may be difficult to memorize all the techniques in the exact order so you may have someone read the techniques to you while you are filming the evaluation. During Drill 5, keep talking to a minimum so that we may assess your true reflexes.
- **Continuous Shot:** in order to test your true understanding of the techniques, you must conduct each drill in five minutes or less and drill 5 in no less than five but no longer than six minutes. As a result, you may neither edit test videos nor stop the camera at any time once a drill has started. We will not evaluate your performance if we find evidence of editing or if you

fail to shoot each drill in one take. (Note: The five Drills do not need to be recorded on the same day.)

- **Film the Details:** We cannot give you credit unless we SEE the technique. Focus on effectively angling your body towards the camera so that we can clearly see the essential details of each move.

**Currently there is no charge for a video evaluation.**

### **Option 2- Live Evaluation**

To be evaluated in person, contact us to schedule your test with Professor Steve Haydock. Here are some important details regarding the live evaluation process:

- **Prepare Diligently:** Although the actual techniques are the same, one of the most significant differences between the video and the live evaluation is that your testing partner or "bad guy" will be a certified instructor. Throughout the test, the instructor will adjust speed and resistance levels to test your accuracy, conviction, and reflexes.
- **One Shot, One Kill:** With the video evaluation process, you can re-shoot your execution of the drills as many times as you'd like before you submit them. During a live evaluation, you will only have one chance to execute each drill. If your performance does not meet the standard, you will fail the test and must retest at a later date. For this reason, it is of the utmost importance that you prepare diligently to minimize the chance of errors during the live evaluation.
- **Stay Relaxed:** The most important consideration during any evaluation is the quality of the technique. The most common mistake you are likely to make during a live evaluation is to rush nervously through the drills and jeopardize the quality of your execution.

**A live evaluation will require a 1 Hour Private Lesson at a cost of \$120.**

### **Evaluation Criteria**

During the evaluation, you will start with 100 points and receive a 1-point deduction for each significant error in the following categories:

1. Accuracy: Precise and correct execution of all techniques.
2. Efficiency: Fluid, relaxed movements and efficient use of energy.
3. Reflexes: Instinctive and speedy responses to all indicators.

If, upon completing all five drills, you amass more than 10 point deductions or a final score of less than 90 points, you will be notified of your shortcomings so that you may retest at a later date.

If you achieve a final score of 90 points or greater, you will be recommended for promotion to the rank of Blue Belt.