

PROMOTION GUIDELINES

Overview

Through Jiu Jitsu, our purpose is to help you become an ASSET to yourself, your family, and your community.

Every Jiu Jitsu journey is unique. Each promotion is a personal and meaningful representation of your individual sacrifice, dedication and effort. As you master Jiu Jitsu, you will master yourself.

The color of your belt represents your growth, not your status. It shows how much of your full Jiu Jitsu potential that you have explored. We encourage you to adopt this mindset as you become an ASSET.

Promotions are milestones along your journey to mark your increased Jiu Jitsu proficiency and character development. Promotions are not given for a single stellar roll or for being able to do all the moves on a checklist—rather they are earned through consistent development of the following attributes:

- Attitude (the primary requirement for growth)
- Aptitude (the growth of your skills and understanding)
- Application (the utilization of your skills and understanding)

Promotions include belts, and degrees within those belts. These degrees are often referred to as “tapes” or “stripes”, and reflect progression towards the requirements of your next belt.

Asset Jiu Jitsu adheres to the promotion guidelines of the IBJJF (International Brazilian Jiu Jitsu Federation). To determine your readiness, your instructors carefully evaluate your growth against these standards, and our own criteria. All promotions are given at the discretion of your instructors.

General Evaluation Criteria

Instructors conduct an ongoing evaluation of your development of Attitude, Aptitude, and Application using:

- observations in class
- situational rounds
- open mat participation
- discussions with you (and parents of youth students)

This guide will help you to understand Asset Jiu Jitsu’s criteria for evaluating your progress. We encourage you to regularly discuss your individual progress with your instructors to better understand how these criteria apply to your unique progress. They are eager to help you achieve the requirements for your next promotion.



Timeline & Attendance

Many belts have minimum time requirements set by the IBJJF. With consistent effort, some practitioners can be promoted to their next belt at the minimum time requirement, but quality is more important than time. Most practitioners require additional time to achieve the standard. This is not a failure, but rather a reflection of their individual circumstances. As previously mentioned, your progress is more important than your next promotion.

Asset Jiu Jitsu uses class attendance records as a quantifiable way to measure your place on this timeline.

When we evaluate attendance, we're reviewing two things:

- Consistency
 - Is the promotion candidate regularly attending and participating in class?
 - We understand that you have a life outside the gym. Commitment to your family and work should always come first. We encourage you to decide what a sustainable balance looks like for your circumstances, and stick to that plan.
 - Progression in Jiu Jitsu is a marathon, not a sprint. As often as your schedule permits, we're looking for consistent effort to attend class on a regular basis.
- Amount of Class Time
 - For each belt we've set an amount of class time that is generally needed to develop you to the standard of that belt. This standard is generally achievable by someone regularly attending most of their available classes.
 - We use your attendance records from punching in for class to track the amount of time you train. Failing to check in for your classes will limit our ability to track your progress towards the standard.
 - Your individual attendance may increase or decrease the amount of time needed to achieve the standard.



Self-Reflection & Self-Directed Learning

We encourage you to take ownership of your own progress. Classes are designed to provide you with a well-rounded exposure to Jiu Jitsu principles, concepts and techniques. As you apply what you learn in class during live rolls, you will find yourself encountering obstacles. Self-reflection and self-directed learning are an important part of overcoming these obstacles, and developing your understanding of Jiu Jitsu. Promotion candidates should embrace this opportunity for learning.

There are many tools to help you in this pursuit. Here are a few we recommend:

- Post-Session Journaling (app or notebook)
 - Reflect on, and write down what you learned in class. Take notes on details that helped you understand the lesson material, what worked well in live rolls, and your thoughts about how to overcome the obstacles you encountered.
- Conduct Research
 - Look for relevant information from experienced Jiu Jitsu practitioners with similar physical attributes as you. The internet is full of tutorials and other instructional content on a huge range of topics.
 - Watch videos or live rolls and look for the situation you are troubleshooting. Make notes in your journal about how they worked through that situation.
- Try out Solutions During Live Rolls
 - Open mat and rolls at the end of class are “lab time” to experiment with your ideas. Ask to start in or near that position, and try something. Get lots of “reps” in and iterate for the best results.
- Troubleshoot with your Instructors and Other Experienced Practitioners
 - Nothing beats live feedback in the moment! Ask them to watch you roll and help you better understand why you are encountering an obstacle. Talk about solutions with them, and try out their suggestions.

As you learn, seek out training partners who can help you accomplish your goals. Look for balance between “working” and “getting worked” as you engage in live rolling. Your instructors may also help you find appropriate training partners.

Depending on who’s at class or open mat, you may find yourself struggling to find the perfect partner. Using self-imposed constraints or “rules” can help you get the most out of working with a variety of training partners. These self-imposed constraints will help you adapt to mismatches with your training partners. This practice will supercharge your learning by helping you create opportunities for struggle and failure that might not exist otherwise.



YOUTH BELT SYSTEM

Overview

Asset Jiu Jitsu adheres to the IBJJF Standards for Youth Promotion and Instruction. The IBJJF guidelines set forth age and time requirements designed to help youth practitioners develop at a healthy and safe pace. As youth practitioners progress through the belt system, they are building a foundation of knowledge and proficiency upon which to frame a life-long pursuit of Jiu Jitsu.

The IBJJF youth belt system consists of the following belts, and associated minimum age requirement:

	4	5	6	7	8	9	10	11	12	13	14	15
White												
Gray/White												
Gray												
Gray/Black												
Yellow/White												
Yellow												
Yellow/Black												
Orange/White												
Orange												
Orange/Black												
Green/White												
Green												
Green/Black												

We hold youth promotion nights every three months, where youth will be recognized for their development along the promotion standards. Youth may receive “tapes” to signify that they are progressing towards the standards of the next belt, or a belt. Not every student will be promoted at every promotion night.

Timeline & Attendance

In addition to the minimum age requirements for each belt as set forth by the IBJJF standard, we have set a minimum attendance standard of 100 classes for progression between youth belts. This standard ensures that youth practitioners have received sufficient instruction and opportunity to develop their Aptitude and Application of the skills expected for each belt.

White Belt

White belt is the beginning of your youth’s journey. All practitioners start at white belt, even the adults. There is no requirement to be a white belt, other than to show up and work hard. Your youth should feel proud of themselves as they continue to show up and work hard to learn the skills they will need to earn a promotion to gray/white belt.



GRAY BELTS - PROMOTION STANDARDS

Gray/White Belt Promotion Standard

To be promoted to a gray/white belt, promotion candidates must demonstrate aptitude and application of the following:

- Tie your belt
- Back Breakfall
- Side Breakfalls
- Wrestling Walks
- Sprawls
- Wrestling Shot
- Forward Roll
- Backward Roll
- Big Shrimp
- Baby Shrimp
- Framing
- Hand Fighting
- 1, Escape from Bottom
- 1, Sweep to Top
- 1, Guard Pass
- 1, Submission from Top
- 1, Submission from Bottom
- 1, Take Down
- 100 Classes at White Belt

Gray Belt Promotion Standard

To be promoted to a gray belt, promotion candidates must demonstrate aptitude and application of the following:

- 2, Escapes from Bottom
- 2, Sweeps to Top
- 2, Closed Guard Passes
- 2, Open Guard Passes
- 2, Submissions from Top
- 2, Submission from Bottom
- 2, Take Downs
- Technical Stand Ups
- Controlled Breathing during live rounds
- Grip Breaks
- Connecting movement between positions well
- 100 Classes at Gray/White Belt

Gray/Black Belt Promotion Standard

To be promoted to a gray/black belt, promotion candidates must demonstrate aptitude and application of the following:

- 3, Escapes from Bottom
- 3, Sweeps to Top
- 3, Closed Guard Passes
- 3, Open Guard Passes
- 3, Submissions from Top
- 3, Submission from Bottom
- 3, Take Downs
- Controlled Breathing during live rounds
- Connecting movement between positions well
- Looking for Submissions
- 100 Classes at Gray Belt



YELLOW BELTS - PROMOTION STANDARDS

Yellow/White Belt Promotion Standard

To be promoted to a yellow/white belt, promotion candidates must demonstrate aptitude and application of the following:

- 4, Escapes from Bottom
- 4, Sweeps to Top
- 4, Closed Guard Passes
- 4, Open Guard Passes
- 4, Joint Lock Submissions
- 4, Choke Submissions
- 3, Head Attacks
- 5 Different Take Downs
- Controlled Breathing during live rounds
- Connecting movement between positions well
- Looking for Submissions
- 100 Classes at Gray/Black Belt

Yellow Belt Promotion Standard

In Progress - Update to Follow

Yellow/Black Belt Promotion Standard

In Progress - Update to Follow



GUIDING YOUTH AS A PARENT

Entering a new sport like Jiu Jitsu can be an overwhelming experience due to unfamiliar terminology and unique formats. Our goal is to partner with parents to ensure each student's progress and development. We highly encourage you to reach out to our coaching staff with questions regarding concepts, techniques, and your child's unique needs.

Below are answers to our most frequently asked questions:

What should students practice at home?

Because Jiu Jitsu generally requires a training partner, home practice can be challenging for families who do not participate in the sport. To support your child's development at home, we recommend focusing on:

- **Strength and Conditioning:** Workouts focused on general fitness and athletic development.
- **Play Wrestling:** Light-contact, supervised play for fun.
- **Training Equipment:** Utilizing a specialized grappling dummy for solo drilling.

When are competitions and events held?

Unlike traditional youth sports, Jiu Jitsu does not operate on a standard weekly game schedule. Depending on whether you wish to observe your child's progress or introduce them to competitive environments, we offer several options:

- **Promotion Nights:**
 - Held every three months, these events allow students to demonstrate their technical progress and participate in free-form sparring matches ("rolling"). Parents and families are highly encouraged to attend.
- **Tournaments:**
 - We regularly participate in external tournaments as well as competitions with neighboring gyms.
 - While competition teaches students to perform under pressure, it is entirely optional.
 - Please consult with a coach to determine if your child is ready to compete.
- **Class Observation:**
 - Parents and families are welcome to observe regular classes at any time. We ask that spectators refrain from sideline coaching or loud disruptions to maintain a focused learning environment.

How can parents best support the coaching staff?

Jiu Jitsu takes a long time to master, and youth (and adults) usually encounter strong emotions during this process. Some youth get scared, frustrated, or discouraged. Your role as a parent is critical to helping them navigate these feelings, and maintain progress towards their goals. As coaches we look for your guidance and help to understand your youth's state of mind, and how to best help them learn and grow.

We can do this best by establishing a clear partnership based on distinct roles:

- **The Coach's Role:** Providing technical instruction, correcting mistakes, and fostering personal growth within the program.
- **The Parent's Role:** Offering emotional support, and communicating with coaches about your youth's progress, needs, and goals.

