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Recently, I have had several students tell me that they enjoyed learning bjj in a program that followed a curriculum. I asked them why they felt it was better for them? "Because in the previous schools I had taken bjj classes, the instructor seemed to teach what ever he felt like on any given day. There didn't seem to be any method or structure to the
classes." "The instructor taught techniques that fit his game / body but were not applicable to me." "The instructor focuses only on fancy guard sweeps for competition and we don't do any real self defense." read also: The Positional Hierarchy - Your First Year of Training The Gracie Barra curriculum provides a means of progression and a course to
chart your training. In the absence of a curriculum, the instructor might tend to teach classes without any larger vision of the students progress in bjj. The class topics might then be: a) A cool move that the instructor saw on Youtube that morning b) A current part of the instructor's own game that he is working on c) A submission seen in last
Saturday's UFC d) The current trendy techniques seen in sports bjj competition A Gracie Barra Jiu-Jitsu student's first year is the most exciting and challenging time because you have entered a whole new world of Jiu-Jitsu techniques and concepts. Every class reveals a new technique that answers one of
your problems on the mats. You got stuck in a position or submitted by an arm lock, and the very next class, your Gracie Barra Professor dedicates the class to deal with the exact situation you just faced. You meet great people on the mats daily and help each other improve your skillset. On the other hand...it can also be a great challenge, and you will
have periods of discouragement. There is just so much to learn, the names of the techniques are challenging to remember, and the sheer amount of information seems overwhelming sometimes. The technique you drilled in class seemed like it would make a difference in your rolling success... only to have it fizzle in live sparring. Progress can
sometimes seem nonexistent, and everyone but you seem to be getting better. We hear you. You are not alone. This article is written with you in mind. We want to share some helpful tips, cautionary advice on common miss-steps to avoid, helpful resources, and time-tested wisdom that will help you navigate these difficulties that seem common to most
of our experiences of starting in Gracie Barra Jiu-Jitsu. In this modern age of instant gratification and lifestyle hacks, Jiu-Jitsu will force you to slow down. Most GB black belts have been training for over ten years. That's A LOT of hours on the mats over a long period of time. There are hundreds of Jiu-Jitsu techniques that you will see and need to
acquire some level of skill with. For example, the "GB beginners" program has 85 separate techniques in the 16 weeks curriculum. This is going to take time to be exposed to and assimilate. To progress as fast as possible, you need to be patient. This might sound like a cryptic piece of advice, such as a riddle uttered by a wise old Kung Fu
master to a young grasshopper student. But it's true. You must build your foundation on the basics of Jiu-Jitsu Black Belt is so respected is that it is so difficult to achieve. Easy achievements have little value. Difficult things are valuable. Part of our frustration
can come from feeling like we are not achieving a certain level within the time that we expect. We "should" be as good as another of your training partners that started near the same time we started. You "should not" be still having your guard passed by other white belts. But these expectations often are not founded in any objective standard that
applies to all of us. We come into Jiu-Jitsu with unique attributes, previous athletic experience, and potential. Professor Isaac Dull of GB Matriz in Rio de Janeiro, Brazil, says that he thinks most students quit in their first year because of the self-imposed pressure they place on themselves. "Enjoy the journey. Don't worry," says Professor Isaac. "Don't
put pressure on yourself to prove anything. Don't focus only on the physical aspects of training - winning rolls and submitting your training partners. Be aware of the other benefits that you get from Jiu-Jitsu in your life. Most importantly...enjoy the process. "The message here is to give yourself time. Understand that the process of learning and
graduating through the colored belts and acquiring all of that technical knowledge will take a long time. Focus on enjoying each class and accept that learning Jiu-Jitsu is a long-term investment in your life. It's not uncommon for a new Gracie Barra Jiu-Jitsu student to become so infatuated with training that they start training every day, start doing
CrossFit to gain a physical edge, watch hours of technique videos late into the night, and are up on all of the latest tournament results and trendy positions. "Go hard or go home" is their mantra. However, this intense regimen can quickly lead to physical and mental burnout. In the worst cases, they drop out after their initial fast start and are never
again seen at the Jiu-Jitsu school. In a different, lower-key approach, we see the new Jiu-Jitsu school three times a week consistently. They tighten their diet up a little. They spend some time reviewing techniques on GB Online as their Jiu-Jitsu homework. As the weeks and months go by,
we see their face in all of the class photos. They may not have the most free time to devote to Jiu-Jitsu. But they are consistent. They have found a way to incorporate training as a regular part of their lives. It's sustainable. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's sustainable. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. It's not all about training as a regular part of their lives. 
"Don't be heroic, be consistent," is a favorite quote on the attitude of training for the long haulA well-worn piece of Jiu-Jitsu wisdom remains as true today as when it was first spoken: "A Jiu-Jitsu black belt is simply a white belt who never gave up."Acquiring a high level of Jiu-Jitsu skill and earning a black belt isn't about brief bursts of furious activity.
It's about consistent effort applied over a long period of time. As with many life endeavors, mastery of the fundamentals of Jiu-Jitsu leads to excellence. Yet the world continues to look for the shortcut, the magic hack that will turbocharge your progress past all other people. This holds true in Jiu-Jitsu leads to excellence. Yet the world continues to look for the shortcut, the magic hack that will turbocharge your progress past all other people. This holds true in Jiu-Jitsu leads to excellence. Yet the world continues to look for the shortcut, the magic hack that will turbocharge your progress past all other people. This holds true in Jiu-Jitsu leads to excellence and the shortcut, the magic hack that will turbocharge your progress past all other people. This holds true in Jiu-Jitsu leads to excellence and the shortcut, the magic hack that will turbocharge your progress past all other people. This holds true in Jiu-Jitsu leads to excellence and the shortcut is the shortcut and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellence and the shortcut is the shortcut in Jiu-Jitsu leads to excellenc
for the latest, secret moves and positions that will propel their game to the next level. It seems that following every major Bjj competition, some new technique innovation creates a ripple of excitement in the Bjj competition, some new technique innovation creates a ripple of excitement in the Bjj competition, some new technique innovation creates a ripple of excitement in the Bjj competition.
get distracted by the newest tournament move and abandon the more valuable basics they have been working on. This tangent takes them away from focusing their precious, finite learning time on the fundamentals that will truly make a positive difference in their game and squanders it on low percentage techniques that require an advanced level of
attributes and skill to make work. So what are the right things? Quite simply, the techniques build the foundation of your Jiu-Jitsu,
allowing you to start using the more advanced, sports-specific positions eventually. A Gracie Barra Black Belt Professor told a group of new students in the GB1: "There are no secrets, no magic techniques in the advanced classes." The most important techniques to build your Jiu-Jitsu are taught in the GB1 and GB2 programs. This is the reason why
YouTube and Instagram technique videos get such a bad rap from Jiu-Jitsu instructors. The moves are flashy and creative, and fun. But spending hours learning how to do an advanced rolling back take isn't the key to unlocking your Jiu-Jitsu game. Mastering the basics is.We've all witnessed the Jiu-Jitsu student that is obsessed with the next stripe or
belt promotion. They want to know how long it takes to get a blue or black belt. "When do I get my next stripe?" they ask. They gossip about who got a stripe and who didn't deserve it, and so on. You may even have witnessed a student become so frustrated with not receiving a promotion that they felt that they deserved that they left the school! Goal
oriented people care about milestones as they work toward a big goal. A stripe or belt promotion can provide much-needed positive motivation for your discipline and hard work by your Gracie Barra Professor. The problem is when some students become
disproportionately focused on belts. The most important things to be focused on are improving our skills and enjoying the process. The stripes and belts will come as a by-product if you consistently work hard. But training to get the next promotion removes your focus from what should be your priority, and you risk frustration if these promotions
aren't coming according to your internal schedule. Let's preface this next habit by saying that your Gracie Barra Professor. There are a lot of details that comprise a technique that may not be apparent when observing the
move being performed. There are "invisible" elements - as Professor Braulio Estima likes to say - too many techniques and analyze high-level
competition matches. Who among us has not gone down a "YouTube rabbit hole" until 2 am watching technique videos? The problem for Jiu-Jitsu addicts is not a shortage of videos...it's the opposite. There is just such an overwhelming amount of Jiu-Jitsu addicts is not a shortage of videos...it's the opposite. There is just such an overwhelming amount of Jiu-Jitsu addicts is not a shortage of videos...it's the opposite.
of that video content is from credible, legitimate sources. The best way to supplement your learning with Jiu-Jitsu videos is NOT by watching a hundred random, disconnected techniques with varying degrees of quality of instruction. The most productive way is to study videos that reinforce the positions you are learning in class. You can often see
things differently when you stand back and observe from a distance - like you do when watching a video. If you learned a triangle choke from the guard in this week's class, it can be beneficial to watch how Professor Rodrigo Fajardo or Professor Victor Estima teach the same position in the GB2 curriculum at GB Online, for example. Watching the
video can reinforce what you saw in class. They may introduce a new detail that sharpens your understanding of the triangle choke. The best Jiu-Jitsu video instructionals teach the techniques progressively and systematically.
Videos that are organized around a specific position - the Outside Hook Guard, for example - and build skills sequentially. GB Online is an excellent resource for Gracie Barra Jiu-Jitsu students to supplement their ju-Jitsu learning. You can "deep dive" into a specific position with a course by one of the GB Online Professors - for example, I love the
course on the Single Leg X-Guard with Prof Ana Laura Cordeiro. Or you can follow along in the successive weeks of the GB Curriculum and study that week's position. Blog Written by Mark Mullen, a Gracie Barra Black Belt#jiujitsu #whitebelt #graciebarra #hack #tip #trick #struggle BJJ belt requirements are mysterious to those that are new to
Brazilian jiu jitsu. This can be incredibly frustrating, because you want to get better at BJJ, but you don't even know what you're supposed to focus on. In this article I explain what the belt requirements are in BJJ for the white belt, blue belt, brown belt and black belt to help you focus your training efforts. BJJ belt requirements are in BJJ for the white belt, blue belt, brown belt and black belt to help you focus your training efforts. BJJ belt requirements are in BJJ for the white belt, blue belt, brown belt and black belt to help you focus your training efforts. BJJ belt requirements are the
things you need to do in order to be eligible for promotion to the next belt in Brazilian jiu jitsu. These requirements mostly revolve around BJJ techniques that you need to master, but also include soft skills such as knowledge of the art and mat etiquette. Belt requirements are strictly defined at some gyms, and are more general guidelines at other
gyms. The BJJ belt system has 5 belt colors at the adult belt level: white, blue, purple, brown and black. There's also the gray belt, yellow belt, orange belt and a pink belt that you can earn after finishing a self defense program at a Gracie
Academy.BJJ has belt requirements to determine who is worthy of which belt rank. There's a unique meaning to each BJJ classes are separated between colored belts and lower belts and lower belts and lower belt indicates your skill level, so
that people can adjust how hard they spar with you. No, BJJ belt requirements are not the same at every gym. In fact, different gyms can have wildly different belt requirements. This makes it so hard to understand for beginners what white belts should focus on to get to the next belt in BJJ. However, there are still some common elements that almost
every gym puts in their belt exams or promotion requirements. BJJ belt requirements can be divided into four general categories. I'll break down the most common types of requirements, and I'll elaborate on it in the rest of this article. At each belt
you're expected to learn certain moves and positions, which increase in difficulty as you get to higher belts. For example, at white belt you're probably expected to learn a few sweeps and submissions from closed guard, and at purple belt you're probably expected to learn a few sweeps and submissions from closed guard, and at purple belt you're probably expected to learn a few sweeps and submissions from closed guard, and at purple belt you're probably expected to learn a few sweeps and submissions from closed guard, and at purple belt you're probably expected to learn a few sweeps and submissions from closed guard, and at purple belt you're probably expected to learn a few sweeps and submissions from closed guard, and at purple belt you're probably expected to learn a few sweeps and submissions from closed guard, and at purple belt you're probably expected to learn a few sweeps and submissions from closed guard, and at purple belt you're probably expected to learn a few sweeps and submissions from closed guard, and at purple belt you're probably expected to learn a few sweeps and submissions from closed guard, and at purple belt you're probably expected to learn a few sweeps and submissions from closed guard, and at purple belt you're probably expected to learn a few sweeps and submissions from closed guard.
important at most BJJ gyms. It's quite uncommon nowadays to require students to compete, but jiu jitsu practitioners are still expected to perform techniques in the air or with a cooperative partner. You need to perform techniques on a fully resisting opponent
to prove that you really learned it. It's important to realize that almost all BJJ gyms require you to put in a certain amount of time at each belt. How long it takes to get each belt in BJJ depends on many factors, but it's usually between 1 to 3 years. This means that regardless of how talented you are, and regardless of how much you're dominating
everyone at your gym, you still shouldn't expect to get promote within 1 year. And this time resets when you move to a new gym, because they'll want to get to know you there before they promote you to a new belt. Finally, mat etiquette is an important belt advancement requirement. This includes basic things, such as being respectful to your
instructor and fellow students and adhering to some important hygiene rules. It also includes some of the unwritten rules in BJJ, such as generally making way for higher belts, and not gossiping about who you tapped out in training. Maybe the best way to better understand BJJ belt requirements and curriculums is to look at some real life examples. So
below I link out to the curriculums and belt requirements that some actual BJJ gyms use: Gracie Sydney grading syllabus: this is a very easy to reference and understand grading syllabus; that specifies some specific techniques and some more general requirements (such as '8 takedowns', without specifying which ones you need to know). Auckland BJJ
belt requirements: note that self defense moves are included in these belt requirements, and that requirements are formulated as '2 sweeps from half guard' which leaves students room to choose their own options. Gracie University Blue to Purple Belt Requirements: note that this curriculum is incredibly detailed, specifying over a 100 moves that
you're supposed to know split out over different levels of stripes. Cache Valley Curriculum: note that this BJJ curriculum: note that this syllabus: note that this syllabus: note that this syllabus describes the techniques, some of which are even knife defense moves. Beyond Grappling Club BJJ Syllabus: note that this syllabus describes the techniques, some of which are even knife defense moves. Beyond Grappling Club BJJ Syllabus: note that this syllabus describes the techniques, some of which are even knife defense moves. Beyond Grappling Club BJJ Syllabus: note that this syllabus describes the techniques.
requirements very generally and also includes a general knowledge of the art and history of BJJ and adherence to what they consider the proper code of conduct for members of their club. As I explained above, BJJ belt requirements differ across gyms. But, I can give you a general indication on which techniques you're expected to learn at which belt
level. Just make sure that you check with your instructor whether this is accurate for the BJJ belt RankRequired TechniquesWhite beltClosed guard, arm bar, toreando pass, headlock escape, mount escapePurple beltDe la riva guard, smash pass, spider guard, wrist locksBrown beltLeg
locks, lapel guard, long step passesBlack beltBe comfortable everywhere, have a strong A-game, have your own styleThere's only 1 requirements to get your first, second, third and fourth strip on your white belt. Learn more about white belt stripe
requirements here. There are several requirements to get to the blue belt level in BJJ. The most common requirements are to know multiple escapes and submissions from the major dominant positions in BJJ. The most common requirements are to know multiple escapes and submissions from the major dominant positions in BJJ. The most common requirements are to know multiple escapes and submissions from the major dominant positions in BJJ.
guards in BJJ: closed guard, half guard, half guard, butterfly guard, de la riva guard, collar sleeve guard, single x guard and x guard, butterfly guard, butterfl
1 strong open guard position. A purple belt in BJJ is supposed to be dangerous compared to any untrained opponent. One of the main ways you do this is by building an A game, a set of techniques that you can confidently use against opponents of equal and even higher skill. For example, at purple belt I developed my Diesel squeezel (a guillotine
variation) which I could occasionally tap black belts with. At the same time, a purple belt is not supposed to have any major holes in his game anymore that leave him vulnerable to athletic white belts. The requirements to become a purple belt is not supposed to have any major holes in his game anymore that leave him vulnerable to athletic white belts. The requirements to become a purple belt is not supposed to have any major holes in his game anymore that leave him vulnerable to athletic white belts.
become a brown belt you build this out to a much wider system. For example, my small A game revolved around a guillotine variation, and at brown belt I connected this with D'arces, anaconda chokes, back takes and a strong mount game. Additionally, in the gi, at the brown belt level more leg locks are added to the game, and many gyms require
acquaintance with these before you get promoted. Learn more about BJJ brown belt requirements to become a black belt jiu jitsu practitioner probably differ the most across different gyms. Symbolically, the black belt is the most important belt because you become a true representative of the martial art, and you implicitly
become a teacher of jiu jitsu yourself. At the same time, nobody expects you to know all of jiu jitsu to become a black belt - that would be impossible, because nobody knows everything about jiu jitsu to become a black belt - that would be impossible, because nobody knows everything about jiu jitsu to become a black belt - that would be impossible, because nobody knows everything about jiu jitsu to become a black belt in BJJ are to train and coach as a black
belt for at least 2 years. However, this is not enough. The red belt is an honorary belt and is only given to people that made a special contribution to the sport. The red belt in the world, but nobody knows for sure. Some BII gyms test whether you meet the
requirements for your next BJJ belt at a graduation ceremony. At this belt test, you might be asked to perform the techniques that your instructor expects you to have mastered in order to qualify for the next belt. Or you might be asked to spar with different partners so that your instructor can assess your level. Or your gym might not do any belt test
at all, and simply host a belt promotion ceremony based on how everybody performs during the normal classes. Brazilian Jiu-Jitsu (BJJ) is not just a martial art; it's a journey that begins with the white belt. In this article, we will delve into the key components of a well-structured BJJ white belt curriculum that not only teaches the fundamentals but also
fosters growth, discipline, and enjoyment in this beautiful martial art.1. Understanding the BasicsThe first step in any journey is to understand the basics. This stage of the curriculum focuses on: Positional Awareness: Learning the fundamental positions like guard, mount, side control, and back control. Fundamental Movements: Teaching basic
requires precision and finesse. To instill these qualities, the white belt curriculum emphasizes drilling and repetition. Students practice techniques repeatedly to build muscle memory and improve their overall proficiency. Rolling is where theory meets reality in BJJ. It's the live practice of techniques against a resisting opponent. The curriculum
gradually introduces rolling, starting with controlled and techniques with a strong emphasis on techniques. These include armbars, triangles, chokes, and joint locks. It's essential to teach these techniques with a strong emphasis on
control and safety.5. Self-Defense and Situational AwarenessIn addition to sport-specific techniques, white belt students should also learn practical self-defense skills. This includes understanding how to defend against common attacks and being aware of their surroundings.BJJ offers both gi (traditional uniform) and no-gi (without the uniform)
training. A well-rounded white belt curriculum should incorporate both to expose students to different styles of grappling. BJJ is not just about physical skills; it's also about respect and humility. The curriculum should include lessons on BJJ etiquette, sportsmanship, and the importance of respecting training partners. A comprehensive BJJ white belt
curriculum sets the stage for a successful journey in Brazilian Jiu-Jitsu. It equips adult males aged 25-50 with the fundamental skills, knowledge, and mindset needed to excel in this martial art. Remember, the key to success in BJJ is consistency, patience, and a willingness to learn. Embrace the journey, and may your white belt days be the foundation
of an incredible BJJ adventure.Q: What is the BJJ White Belt Curriculum?A: The BJJ White Belt Curriculum consists of fundamental techniques, positions, and concepts that serve as the foundation for Brazilian Jiu-Jitsu. It includes basic submissions, escapes, and positional control.Q: Are there any standardized BJJ White Belt Curriculum requirements?
A: While specific requirements can vary by school or academy, there are general guidelines followed in Brazilian Jiu-Jitsu that emphasize understanding and proficiency in fundamental techniques are typically covers
basic positions (such as mount, guard, and side control), fundamental submissions (like armbar and rear-naked choke), escapes, sweeps, and positional control.Q: Where can I find a detailed BJJ White Belt Curriculum or syllabus? As the control white Belt Curriculum or syllabus? As the control white Belt Curriculum or syllabus and positional control.Q: Where can I find a detailed BJJ White Belt Curriculum or syllabus? As the control white Belt 
provided upon request. Check with your specific academy for their curriculum.Q: How do I progress from White to Blue Belt in BJJ?A: Progressing from White to Blue Belt in BJJ?A: Progressing from White to Blue Belt in BJJ?A: Progressing from White to Blue Belt in BJJ white Belt Curriculum, as well as consistent training and time-in-grade
requirements.Q: Is there a formal test for the BJJ White Belt Curriculum?A: While some academies may have specific tests or evaluations, advancement in BJJ is often based on a combination of technical proficiency, live sparring performance, and the instructor's assessment of your progress.Duration and ExpectationsQ: How long does it usually take
to go from White Belt to Blue Belt?A: The time it takes to progress from White Belt to Blue Belt can vary significantly depending on factors like training. Q: What should I expect as a White Belt in terms of learning and progression? A: As a White Belt to Blue Belt? A: The time it takes to progress from White Belt to Blue Belt can vary significantly depending on factors like training.
Belt, you should focus on building a strong foundation by mastering the techniques and concepts in the BJJ White Belt Curriculum. It's a period of learning and gaining experience on the mats. Read: Best BJJ Rash GuardsAs an Amazon Associate BJJ. Tips earns from qualifying purchases. The White Belt Toolkit course
simplifies fundamental techniques, making them accessible and easily understood. With Roger's patient teaching style and emphasis on foundational principles, students receive quidance in a supportive environment, allowing them to build confidence and competence as they embark on their jiu jitsu journey. Don't want a subscription? No problem
Access Roger's White Belt Toolkit with a one-time payment Roger: advice for beginners Ask Roger: training for competition Refine your game, or learn new techniques? Mauricio Gomes: neck grab from behind
counter Single leg takedown variation Back control headlock escape Escaping a choking grip from the back Armlock defence from closed guard Maintaining and controlling closed guard Pressure passing concepts Neutralising the spider guard Mauricio Gomes: maintaining side
control Concepts for escaping side control Side control Side control Side control Side control Escaping the choking grip from the back for the mount from side control Escaping the choking grip Optimum choking grip
from the back Turtle defence when hooks in Turtle escaping principles Turtle transition to side control Clock choke from turtle guard I consider Roger Gracie to be the pinnacle of classical jiu jitsu / control through to submission and in addition, one of the great role models of our sport. I have been a member of Roger Gracie TV for just over two
months now and I can honestly say that it has had a huge impact on my development. I find Roger's simple principles easy to understand and translate into my game; I feel like my defence in particular has gone through the roof! I've been training for over 20 years and Roger - along with his father Mauricio - have had a huge impact on my jiu jitsu. As
an athlete, Roger's record speaks for itself and his teaching is just as impressive. For further information on Roger Gracie TV access and general troubleshooting, check out our full FAQ page. What's the difference between the three different prices listed above? $19.99 Monthly Access: This is a recurring monthly payment that not only gives you
access to the White Belt Toolkit, but the entire library of RGTV lessons (1500+ videos). You can cancel your subscription at any time.$189.99 Annual Access to the White Belt Toolkit but the entire library of RGTV lessons (1500+ videos). You can cancel your subscription at
anytime.$49.99 One-Time Payment: This is a one-time payment that gives you lifetime access to Roger's White Belt Toolkit Program only. You will not have signed up, you can login to view content on desktop, smartphone or tablet. Can I watch content
offline? Yes. Once you have signed-up, you will be able to download our free iOS and Android Apps and login using your online credentials. You will then be able to download the content to view offline on your smartphone or tablet. White belt can be at once the most exciting AND frustrating time in your Jiu-Jitsu journey. Why? Because every class
seems to bring a new technique solution to a problem that you have been having. Everyday you see something new that can fit right into your growing game. It seems like your GB instructor is reading your mind. "Wow, I always get in this position and never knew what to do! This technique is exactly what I needed." The frustrating part can come
from a few things. The unwillingness of your body to do what you are telling it to do. For example, it's easy to say "Move your hips!" It's quite another to do it when your opponent is on top of you in side mount! One of the most confusing aspects of training bjj for the white belt student, is the sheer number of different techniques that you see over the
course of a few weeks of classes. A whole list of seemingly unrelated techniques, all of which seem to be important. "I don't know what I should be working on. There are so many different things that I need to know." Yes. Fortunately, there is a great answer in the Gracie Barra curriculum. You see, the way the 16 week cycle of the GB Curriculum.
works is that a structure is built in where the students will cover ALL of the major standing and ground positions over the curriculum, the student will receive instruction in all positions. Moreover, the Curriculum is divided in a logical way that breaks up the
overall mass of techniques into logical, identifiable positions on the ground. Now it is easier to see how any technique that you learn belongs to a specific ground position. It is a lot easier to organize the positions in your mind in this way. Now, to specifically answer the question "What should a white belt be working on?" Your priority in that first year
of training should be to get a handful of basic techniques from each of the major ground positions (as set out by week in the GB Curriculum) and be able to identify: A) What position are you in at any time on the ground in a roll? B) What technique do you remember to use in that situation? Your job is to recognize where you are positionally at any
moment in the match and be able to have a few key moves that you can go to. This way of looking at your Jiu-Jitsu overall will provide you with a skeleton for all of the individual techniques. And importantly, you can identify which areas of Jiu-Jitsu that you lack the techniques that you need. For example, in a match you find yourself in bottom half
guard. Pause and ask "What should I be trying to do in this position?" Replace the guard? Sweep or submit your opponent? "What techniques do I know when I find myself in bottom half guard?" If you don't know what to do, then you need to find an answer to what should be your "go to" techniques in bottom half guard. Hopefully, next week will be
bottom half guard in the GB Curriculum! Now use the structure of the 16 weeks Curriculum to examine all of your Jiu-Jitsu and figure out which positions in which you have gaps in your knowledge. And THAT is a great way to narrow down what you should be working on. The specific techniques will be a little different for everyone. Now go train and
have fun! What piece of advice most helped YOU as a white belt? See also on Gracie Barra: Life's Challenges - Jiu-Jitsu Helps Off The Mat Gracie Barra Black belt based in Asia Most educational programs are made up of different levels or grades. You begin at a low level, demonstrate your knowledge of certain material, and then move up (or
graduate) to the next level. Jiu-jitsu is no different. Everyone begins as a white belt, and then a purple belt, and then a brown belt, a
purpose is not only to decide when the student has demonstrated enough expertise to be awarded the next highest belt, but to guide students and to give them the proper training they need to gain this expertise. What makes up the curriculum is entirely up to the instructor and there is not always a clear set of objectives that students must learn to
graduate. The Gracie curriculum is far more straightforward. The first step is taking part in Gracie Combatives. Gracie Combatives consists of 36 core techniques—with over 70 individual variations of each techniques—that are based on street defense. These techniques are the very first things that students learn over 23 one-hour courses. These
courses are clearly scheduled, which allows students to know what they are going to learn before they attend the class. After learning these 36 techniques, students then go into Reflex Development Classes. Here, they begin to learn how to use the core techniques they learned in Gracie Combatives classes in real-world scenarios. A New Kind of
Sparring The second major change the Gracies made was probably the most controversial: They eliminated sparring from beginner classes and replaced them with "Reflex Development classes." This kind of exercise is used to teach students how jiu-jitsu can be applied in real-world scenarios. The reasoning for the change was twofold. First, white
belts are still learning the basics of jiu-jitsu and it does not take a lot of stress for them to abandon proper technique. If you let two hotheads who are just a few weeks into their training roll without proper supervision, they are not going to use any moves based in jiu-jitsu. They're just going to fight and try to overpower one another. This is not what
jiu-jitsu is about! Similarly, most newcomers are not to the idea of tapping out. They have a lot of pride and they may end up fighting like wild animals to avoid being put in a submission hold. While this level of commitment is expected during a tournament or an actual real-world fight, it is not necessary during a sparring session when the goal is to
learn and sharpen technique. More importantly, this level of intensity very often leads to injury, which is yet another reason why the Gracies saw a lot of people quit. Standardizing the Blue Belt Test As John Boyd—a black belt, Gracie instructor, and inventor of the Boyd Belt—once told Rener Gracie, "People don't do what you expect. People do what
vou inspect." This means that students take shortcuts by only learning what is needed to pass a test. In the context of jiu-jitsu, this can mean learning only what your instructor thinks is needed to obtain a blue belt. The Gracies realized that this defeated the purpose of learning jiu-jitsu. Your goal shouldn't be to simply move up in belt rankings; it
should be learning the skills necessary to defend yourself in a real-world fight scenario. This led them to standardize the Jiu Jitsu belt test. To receive your Gracie Combatives lessons three times. Complete at least 12 Reflex Development Classes. Pass a 25-
minute test administered by a Gracie instructor. The Gracie system has become so standardized that now anyone can submit a video with a training partner at home demonstrating proficiency in the 36 core techniques of Gracie Combatives and achieve their Gracie Combatives Belt. To become official, however, one still must pass the practical
examination with a grade 90% or higher. It is only after you become a Gracie Combatives belt that you move on to the Master Cycle where you begin to incorporate sparring and Fight Simulation to your training. The Success of the Program While it may be true that this program doesn't prepare Combatives belts to spar with advanced belts from
other programs, that is not the metric by which the Gracies measure their success. Rather, they look at the number of people who are learning how to defend themselves with jiu-jitsu and how diverse their classes are. Put in that perspective, the program is extremely successful. Consider the case of a 42-year-old guy who wants to learn jiu-jitsu. This
hypothetical beginner may have been fairly athletic when he was younger, but he has not played a seriously competitive sport since high school, he has never been in a real fight, and he is hoping for a way to learn self-defense, stay in shape, and do something that keeps him physically and mentally stimulated. Would he last in a beginner class where
the mantra is "Go big or go home?" Probably not. This is why the Gracie system of [Brazilian] Jiu Jitsu is so successful in developing students to effectively defend themselves, as well as compete recreationally. Students that begin their journey in Jiu Jitsu want to learn this martial art because they want the self-confidence to defend themselves in a
street fight. Because the Gracie approach to learning jiu-jitsu focuses on this aspect of jiu-jitsu focuses on this aspect of jiu-jitsu program in the world. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform,
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