

GRACIE COMBATIVES BELT

Qualification Requirements



According to Grand Master Helio Gracie, the first priority for any Gracie Jiu-Jitsu student is to learn the techniques required to effectively defend themselves against a larger opponent in a real street fight. Upon completing the Gracie Combatives program, you will demonstrate your street self-defense skills by taking a test which is comprised the five Gracie Combatives Proficiency Drills. These drills are specifically designed to test your effectiveness in the execution of all variations of the 36 Gracie Combatives techniques individually and in combination with one another.

Gracie Combatives Proficiency Drills 1 through 4 are designed to test your execution of all the techniques from each of the four Gracie Combatives positions: Mount, Guard, Side Mount and Standing. While conducting drills 1-4, you will be required to demonstrate the techniques in the exact order listed below, and each of the drills must be completed in less than five (5) minutes.

Gracie Combatives Proficiency Drill 5 is the most important segment of the evaluation, since it will test your execution of all the techniques in combination with one another. In this drill, you will play the role of the “Good Guy” in a 4-minute Freestyle Fight Simulation Drill while an instructor simulates the “Bad Guy.”

GCBQD 1: Mount Techniques

Escapes (2)

1. Trap and Roll Escape (L1)
 - a. Standard Variation
 - b. Punch Block Variation
 - c. Headlock Variation
2. Elbow Escape (L9)
 - a. Standard Elbow Escape
 - b. Hook Removal
 - c. Fish Hook
 - d. Heel Drag

Control Strategies (3)

1. Positional Control (L3)
 - a. Anchor and Base
 - b. Low Swim
 - c. High Swim
2. Take the Back (L4)
 - a. Take the Back
 - b. Remount Technique
3. Headlock Counters (L11)
 - a. Prevent the Getup
 - b. Back Mount Finish
 - c. Armlock Finish

Submissions (4)

1. Americana Armlock (L2)
 - a. Standard Variation
 - b. Neck-hug Variation
2. Rear Naked Choke (L4)
 - a. Strong Side Variation
 - b. Weak Side Variation
3. Straight Armlock (L6)
 - a. Standard Variation
 - b. Side Variation
4. Twisting Arm Control (L22)
 - a. Back Mount Finish
 - b. Armlock Finish

GCBQD 2: Guard Techniques

Control Strategies (2)

1. Punch Block Series – Stage 1-4 (L5)
 - a. Stage 1
 - b. Stage 2
 - c. Stage 3
 - d. Stage 4
2. Punch Block Series – Stage 5 (L18)
 - a. Stage 5
 - b. Rollover Technique

Submissions (4)

1. Triangle Choke (L7)
 - a. Stage 1.5 Variation
 - b. Giant Killer Variation
2. Straight Armlock (L13)
 - a. Low Variation
 - b. High Variation
 - c. Triangle Transition
3. Kimura Armlock (L17)
 - a. Rider Variation
 - b. Forced Variation
4. Take the Back (L20)

Sweeps (3)

1. Elevator Sweep (L8)
 - a. Standard Variation
 - b. Headlock Variation
2. Double Ankle Sweep (L14)
 - a. Knee Thrust Variation
 - b. Kick Variation
3. Hook Sweep (L19)

Pass (1)

1. Double Underhook Guard Pass (L23)

See Page 2 for Drills 3-5

GCBQD 3: Side Mount Techniques

Control Strategies (1)

1. Positional Control (L10)
 - a. Roll Prevention
 - b. Guard Prevention
 - c. Mount Transition

Escapes (4)

1. Shrimp Escape (L16)
 - a. Block and Shoot Variation
 - b. Shrimp and Shoot Variation
 - c. Punch Block Variation
2. Headlock Escape 1 (L12)
 - a. Standard Frame Escape
 - b. Scissor Failure Variation
 - c. Super Lock Variation
3. Headlock Escape 2 (L15)
 - a. Standard Leg Hook Escape
 - b. Super Base Variation
 - c. Punch Block Variation
4. Elbow Escape (L21)
 - a. Knee Drive Variation
 - b. High Step Variation

GCBQD 4: Standing Techniques

Distance Control Strategies (2)

1. Establish the Clinch
 - a. Aggressive Opponent (L2)
 - b. Conservative Opponent (L4)
2. Haymaker Punch Defense (L7)

Takedowns (5)

1. Leg Hook Takedown (L1)
2. Body Fold Takedown (L3)
3. Double Leg Takedown
 - a. Aggressive Opponent (L10)
 - b. Conservative Opponent (L23)
4. Pull Guard (L9)
5. Rear Takedown (L8)

Submissions (2)

1. Guillotine Choke
 - a. Standing Variation (L5)
 - b. Guard Pull Variation (L14)
2. Standing Armlock (L12)

Submission Counters (2)

1. Standing Headlock Defense (L11)
2. Guillotine Defense (L6)

GCBQD 5: Freestyle Fight Simulation Drill

Your bad guy will turn up the intensity and attack you in a continuous four-minute Freestyle Fight Simulation Drill. Due to the unpredictability of this drill, we will be less concerned with precise technical application and more concerned with overall composure and distance management capabilities.

Test Criteria – You will start with 100 points, and will receive a one-point deduction for each significant error in the three categories listed below.

1. **Details:** How well do you know the technique?
2. **Conviction:** How much do you believe in the technique?
3. **Reflexes:** How well do you remain calm under pressure?

Instructor Recommendation – If your final score is 90 or higher (no more than 10 deductions), the evaluator will recommend you for promotion. If you score less than 90 points, you will be notified of your shortcomings so you can retest at a later date. Don't give up if you fail the first time. We are committed to helping you achieve your jiu-jitsu goals and want to ensure that you are 100% ready to defend yourself. To learn more about the testing process and to watch a full demonstration of the Gracie Combatives Belt Test, visit the 'Testing Center' at GracieUniversity.com.

Scheduling the Test – It is recommended, but not required, that you do a pre-test private class with a certified instructor so he/she can determine whether or not you are ready to test. Once you are fluid in all aspects of the Gracie Combatives program, and you are confident that you can execute the techniques individually and in all possible combinations, see a student services representative to schedule your private Gracie Combatives Belt Test with a certified instructor. (Private class rates will apply)

Semi-Annual Belt Ceremony: Once you earn your Gracie Combatives belt you will be authorized to join the Master Cycle advanced program. After six (6) months of dedicated training in the Master Cycle, you will be considered for promotion to blue belt. Upon qualification, your blue belt will be awarded to you at the next semi-annual belt ceremony and your name will be added to the list of Certified Gracie Jiu-Jitsu Belt Holders (viewable at www.GracieAcademy.com).