



Black Belt Club Application

The Black Belt Club (BBC) is an advanced kids class for youth students who excel in the Jr. Grapplers program and want to take their training to the next level.

Since the techniques are more advanced and the training is more intense in the BBC classes, it is very important that the child is motivated to be promoted and that parent and teacher both agree that the child is ready.

Use the list below to become familiar with all the requirements for Black Belt Club. Each time a requirement is met, the parent must initial where indicated. Once the parent has verified that all requirements have been met, they will submit this application to Student Services.

Upon receipt of this completed application, an instructor will evaluate the student to determine if they are ready, and if so, the student will be awarded their BBC patch and will be promoted to Black Belt Club.

Rank Requirement

The minimum age to apply for the BBC is 8 (unless the instructor grants an exception), and the minimum rank requirement is contingent on the age of the student. Please verify one below.

	Parent	Teacher
Student is age 10 or older and has earned their Gray Belt .		
Student is age 8 or 9 and has earned their White-Yellow Belt .		

Character Patches

Student must earn all six patches of the Character Development Program.

	Parent	Teacher
Responsibility Patch Earned		
Health Patch Earned		
Respect Patch Earned		
Citizenship Patch Earned		
Manners Patch Earned		
Caring Patch Earned		

Rules of Engagement

Student must memorize all five Rules of Engagement and be able to recite them on command.

	Parent	Teacher
Rule 1: Avoid the fight at all costs.		
Rule 2: If physically attacked, defend yourself.		
Rule 3: If verbally attacked, follow the three T-steps: Talk, Tell, Tackle.		
Rule 4: Never punch or kick the bully, establish control and negotiate.		
Rule 5: When applying submissions, use minimal force and negotiate.		

Attitude & Focus

Student must develop their attitude and their focus until all the following are true.

	Parent	Teacher
I have a positive attitude and I'm eager to learn.		
I am disciplined in my attendance and in my practice.		
I am helpful and safe with all my training partners.		
I like being challenged and I don't mind losing.		

Techniques

Student must learn the names and be capable of demonstrating the following techniques when asked.

“Online Access” indicates where in the GracieUniversity.com online video library each technique can be accessed so that parent and child can watch/practice at home. All videos can be found are under the Gracie Bullyproof program in the lesson library (“GG” signifies the Gracie Games course and “JC” signifies the Jr. Combatives course). If you have any trouble accessing your free online video content, please email reception@gracieuniversity.com for assistance.

Controls	Online Access	Parent	Teacher
Mount Control	GG 1 + JC 3		
Back Mount Control	GG 4 + JC 4		
Side Mount Control	GG 6 + JC 11		
Knee-on-Belly Control	n/a		
Guard Control - Punch Block Series	GG 9 + JC 7		
Twisting Arm Control	JC 32		

Escapes	Online Access	Parent	Teacher
Trap & Roll Escape	GG 1 + GG 8		
Elbow Escape	JC 10		
Shrimp Escape	JC 21		

Submissions	Online Access	Parent	Teacher
Americana	JC 2		
Armbar - Mount	JC 8		
Armbar - Guard	JC 17		
Rear Naked Choke	n/a		

Sweeps	Online Access	Parent	Teacher
Double Ankle Sweep	JC 18		
Hook Sweep	JC 25		

Guard Passes	Online Access	Parent	Teacher
Open Guard Pass	GG 10		
Double Underhook Pass	JC 33		

Takedowns	Online Access	Parent	Teacher
Clinch Entry	(JC 6 + JC 13)		
Haymaker Punch Defense	(JC 27)		
Body Fold Takedown	(JC 12)		
Leg Hook Takedown	(JC 5)		
Double Leg Takedown	(GG 5 + JC 15)		
Rear Takedown	(JC 26)		

By submitting this application, 1) the student is certifying that they want to be considered for promotion to Black Belt Club, and 2) the parent is certifying that all the above requirements have been met.

Student Name: _____ Student Signature: _____ Date: _____

Parent Name: _____ Parent Signature: _____ Date: _____

Once the instructor has verified that the student is ready for Black Belt Club, they will initial here: _____