



## What Exactly is a Jiu-Jitsu Blue Belt?

The white belt is the most difficult and most important belt in jiu-jitsu, but, statistically, less than one-tenth of 1% will ever earn their white belt due to fear of injury and/or embarrassment. By modifying the teaching/training practices in beginner jiu-jitsu programs around the country we can attract more of the much needed white belts and grow the global jiu-jitsu family.

In this special edition Gracie Breakdown, Ryron and Renner analyze the most common blue belt promotion practices in Brazilian Jiu-jitsu, and the impact each path has on the students. They discuss the three critical changes that were made to the Gracie Academy beginner program in order to preserve the art as a method of self-defense and to ensure that it remains accessible to the people who need it the most:

1. **Modified the curriculum to be 100% street self-defense focused.**
2. **Replaced standard sport sparring with Fight Simulation Sparring.**
3. **Restructured the Official Blue Belt Test to address street effectiveness.**

Notes:

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