

# BJJ BELT PROGRESSION CHECKLIST

## Student Evaluation & Development System

Build Better Students. Track Real Progress.

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## INTRODUCTION

Jiu Jitsu progression is more than techniques.

A complete student should demonstrate:

- technical understanding,
- consistency,
- discipline,
- attitude,
- resilience,
- and growth mindset.

This checklist helps coaches:

- ✓ track student development
- ✓ improve evaluation consistency
- ✓ motivate students
- ✓ create visible progress
- ✓ increase retention and engagement

Use this system as:

- a monthly evaluation tool,
  - belt promotion reference,
  - or academy development roadmap.
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## WHITE BELT CHECKLIST

### Foundation & Survival

#### Primary Goals

- Learn academy structure and etiquette
  - Build consistency
  - Understand basic survival
  - Develop positional awareness
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## Technical Skills

### Escapes

- Bridge and Roll Escape
- Shrimp Escape
- Side Control Escape
- Mount Escape Fundamentals
- Basic Back Escape

### Positions

- Closed Guard Understanding
- Side Control Awareness
- Mount Control Basics
- Back Control Basics

### Submissions

- Rear Naked Choke
- Guillotine Fundamentals
- Americana
- Straight Armbar Basics

### Takedowns

- Double Leg Entry
  - Single Leg Basics
  - Breakfalls
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## Behavioral Checklist

- Shows respect to coaches and teammates
- Maintains hygiene and clean gear
- Arrives consistently to class
- Demonstrates positive attitude
- Taps safely and responsibly
- Accepts correction well

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## Coach Notes

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# BLUE BELT CHECKLIST

## Control & Consistency

### Primary Goals

- Improve positional control
  - Begin chaining attacks
  - Develop defensive confidence
  - Increase training consistency
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## Technical Skills

### Guard Development

- Open Guard Fundamentals
- Guard Retention
- Spider Guard Basics
- De La Riva Introduction

### Passing

- Toreando Pass
- Knee Slice Pass
- Pressure Passing Basics

### Submissions

- Triangle Choke
- Kimura
- Cross Collar Choke
- Bow and Arrow Choke

## Escapes

- Advanced Mount Escapes
  - Turtle Escapes
  - Submission Defense Awareness
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## Behavioral Checklist

- Helps newer students
  - Trains with control
  - Demonstrates coachability
  - Shows leadership qualities
  - Maintains training consistency
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## Coach Notes

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# PURPLE BELT CHECKLIST

## Strategy & Technical Depth

### Primary Goals

- Build complete game awareness
  - Create offensive systems
  - Develop strategic rolling
  - Improve adaptability
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## Technical Skills

### Advanced Guard Work

- X-Guard Basics
- Single Leg X

- Lasso Guard
- Half Guard Attacks

### Passing Systems

- Chain Passing
- Pressure Transitions
- Leg Drag Concepts

### Submissions

- Submission Combinations
- Armbar Transitions
- Back Attack Systems
- Leg Lock Awareness

### Positional Strategy

- Positional Control Under Pressure
  - Tempo Management
  - Grip Fighting Strategy
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### Behavioral Checklist

- Demonstrates leadership on the mats
  - Encourages teammates
  - Maintains discipline during hard rounds
  - Supports academy culture
  - Trains intelligently and safely
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### Coach Notes

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## BROWN BELT CHECKLIST

### Refinement & Leadership

## Primary Goals

- Refine personal game
  - Mentor lower belts
  - Demonstrate high-level understanding
  - Lead by example
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## Technical Skills

### Advanced Concepts

- Chain Attacks Seamlessly
- Advanced Positional Control
- Defensive Anticipation
- Competition Strategy

### Teaching Ability

- Explains techniques clearly
- Helps lower belts improve
- Demonstrates patience and leadership

### Tactical Awareness

- Controls pace of rolls
  - Identifies opponent patterns
  - Adapts strategy mid-roll
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## Behavioral Checklist

- Represents academy values
  - Demonstrates maturity under pressure
  - Maintains professionalism
  - Leads by example daily
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## Coach Notes

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# BLACK BELT CHECKLIST

## Mastery & Legacy

### Primary Goals

- Demonstrate technical mastery
  - Lead academy culture
  - Continue evolving
  - Inspire future generations
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### Technical Skills

- Complete understanding of core positions
  - High-level strategic awareness
  - Ability to teach all belt levels
  - Efficient movement and control
  - Deep conceptual understanding
  - Calmness under pressure
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### Leadership Checklist

- Inspires students consistently
  - Builds positive academy culture
  - Demonstrates humility
  - Maintains lifelong learning mindset
  - Represents Jiu Jitsu with integrity
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## FINAL EVALUATION

### Student Strengths

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### Areas To Improve

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## Coach Recommendation

- Ready for Promotion
- Continue Development
- Re-Evaluate Next Month

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## COACH SIGNATURE

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## STUDENT NAME

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## DATE

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## FINAL MESSAGE

Belt progression is not only about winning rounds.

It is about:

- consistency,
- resilience,
- growth,
- humility,
- discipline,
- and becoming a better version of yourself.

The belt covers only two inches of your body.

The rest is up to you.