



# COMBATIVES BELT

## Qualification Requirements

According to Grand Master Helio Gracie, a Blue Belt should be awarded to anyone who masters the techniques required to effectively defend themselves against a larger opponent in a real street fight. The 5 Blue Belt Qualification Drills (BBQDs) are designed to test your effectiveness in the execution of all variations of the 36 Gracie Combatives techniques individually and in combination with one another.

**Blue Belt Qualification Drills 1 through 4** are designed to test your execution of the individual techniques, and their variations, featured in each of the four Gracie Combatives positional categories: Mount, Guard, Side Mount or Standing. While conducting BBQDs 1-4 you will be required to demonstrate the techniques in the exact order listed below and each of the BBQD must be completed in less than five (5) minutes.

**Blue Belt Qualification Drill 5** is the most important segment of the evaluation since it is designed to 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.

### BBQD 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

### BBQD 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)

### BBQD 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

### BBQD 4: Standing Techniques

#### Distance Control Strategies (3)

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)

### BBQD 5: Freestyle Fight Simulation Drill

In a four minute Freestyle Fight Simulation Drill you will be required to apply as many unique Gracie Combatives techniques as possible. Stay relaxed and respond to each indicator as accurately and efficiently as possible. (Note: Freestyle Fight Simulation Drill preparation will take

**Scheduling the Video Evaluation** – It is recommended, but not required, that you complete each Gracie Combatives class three times and conduct at least 12 Reflex Development Classes before you consider taking the Blue Belt Qualification Test. Once you are highly confident in your ability to conduct all five Blue Belt Qualification Drills, see a student services representative to schedule a private lesson in which the instructor will guide you through the execution of all five drills and digitally record your performance. The instructor will then send your evaluation to Gracie Academy Headquarters where it will be analyzed by the head instructors of the Gracie Academy.

**Test Criteria** – You will start the test with 100 points, and you will receive one point deduction for each significant error made in the categories listed below:

1. **Accuracy:** Precise and correct execution of all techniques.
2. **Efficiency:** Fluid, relaxed movements and efficient use of energy.
3. **Reflexes:** Instinctive and accurate responses to all indicators.

**Instructor Recommendation** – If your final score meets or exceeds 90 points (no more than 10 deductions), you will be recommended for promotion. If the promotion is not approved, you will be notified of your shortcomings so that you may prepare and retest at a later date.

If you are approved for promotion, you will receive a personalized certificate of authenticity, along with your combatives belt.