

Alliance Belt Requirements



Blue Belt Requirements

On average, 10 to 14 months of training with a minimum of 100 to 120 classes plus passing the following test. Belt promotions are always at the discretion of the head instructor. Factors such as above-average class attendance, natural ability, or competing could possibly shorten the time to blue belt, while a poor attitude, bad temper, or a lack of common morality outside the school could lengthen it.

Throws and Takedowns

- One leg throw
- Two hip throws
- Two double legs
- One single leg

Self-Defense

- One way to defend the guillotine standing up
- One way to defend the headlock standing
- One way to defend the headlock on the ground

Passing the Guard

- Three different ways to pass the guard and get side control

Half-Guard

- One sweep from the half-guard
- One half-guard pass

Sweeps from the Guard

- Three different ways to sweep your opponent

Escapes

- Two ways to escape the mount
- One way to escape the side-mount
- One way to escape the rear-mount
- One way to escape the knee-on-belly

Submissions

- Three from the mount
- One double attack
- Three from the side-mount
- Two from the back
- Two from knee in the belly
- Three from the guard

Purple Belt Requirements

On average, 3 years of training with a minimum of 360 classes plus passing the following test. Belt promotions are always at the discretion of the head instructor. Factors such as above-average class attendance, natural ability, or competing could possibly shorten the time to purple belt, while a poor attitude, bad temper, or a lack of common morality outside the school could lengthen it.

Throws and Takedowns

- One leg throw
- Four hip throws
- Two double legs
- Two single leg

Self-Defense

- Two ways to defend the guillotine standing up
- Two ways to defend the headlock standing
- One way to defend the headlock on the ground
- One way to defend the guillotine on the ground

Sweeps from the Guard

- Three different ways to sweep your opponent

Escapes

- Two ways to escape the mount
- One way to escape the side-mount
- One way to escape the rear-mount
- One way to escape the knee-on-belly

(purple belt cont.)

Passing the Guard

Five different ways to pass the guard and get side control

Half-Guard

Two sweeps from the half-guard

Two half-guard passes

Submissions

Five from the mount

Two double attacks

Three from the side-mount

Two from the back

Two from knee in the belly

Five from the guard

Brown Belt Requirements

On average, 6 years of training with a minimum of 750 classes plus passing the following test. Belt promotions are always at the discretion of the head instructor. Factors such as above-average class attendance, natural ability, or competing could possibly shorten the time to brown belt, while a poor attitude, bad temper, or a lack of common morality outside the school could lengthen it.

Throws and Takedowns

1 leg throw

6 hip throws

2 double legs

2 single legs

Self-Defense

2 ways to defend the Guillotine standing up

2 ways to defend the Guillotine on the ground

2 ways to defend the Headlock standing up

2 ways to defend the Headlock on the ground

Passing the Guard

6 different ways to pass Guard and get side control

Half-Guard

3 Sweeps from Half Guard

3 Half Guard Passes

Sweeps from the Guard

6 Different ways to Sweep your opponent from Guard

Escapes

2 ways to escape the Mount

2 ways to escape the Side-Mount

2 ways to escape the Rear Mount

2 ways to escape the Knee on Belly

Submissions

5 from the Mount

2 Double Attacks from Mount

5 from Side-Mount

2 from the Back

3 from Knee on Belly

6 from the Guard

Black Belt Requirements

On average, 8 years of training plus a demonstration. Belt promotions are always at the discretion of the head instructor. Factors such as above-average class attendance, natural ability, or competing could possibly shorten the time to black belt, while a poor attitude, bad temper, or a lack of common morality outside the school could lengthen it.