

**BJJ ACADEMY
BEGINNER TO
BLACK BELT**

THIRD SPACE

About this guide

The stages in this guide are rough guidelines and are not strict rules for progression.

Progression between belts and stripes are assessed quarterly through coaching and observation and will be determined at the coaches' discretion.

When ready, coaches will invite members to progress to the next class level.

BJJ Intro

Brand new to Brazilian jiu-jitsu? Start with our introductory 5-class series.

CLASS CONCEPT

Learn the rules of the sport, health and safety when training, dojo etiquette and basic terminology, positions and movement drills. Each session covers one of five foundational focus areas.

These sessions cover theoretical and practical elements with light contact.

LEVEL & PROGRESSION

This class is suitable for complete beginners. We recommend completing all five BJJ Intro classes before progressing to BJJ Fundamentals classes.

BJJ Fundamentals

Continue to build on your BJJ practice.

CLASS CONCEPT

Master defence and learn escapes from 4 main pins, explore guards and basic submissions.

Open to all levels from White to Black belts.

LEVEL & PROGRESSION

This class is appropriate for members who have completed 5 BJJ Intro classes. We recommend members have achieved their first stripe or attended 50 sessions before progressing to BJJ Mixed-level classes.

BJJ Mixed-level

Develop complexity with more advanced techniques.

CLASS CONCEPT

Learn combinations of attacks and submissions from guard, passing techniques, and positional and situational sparring.

LEVEL & PROGRESSION

This class is appropriate for members who have achieved their first stripe or attended 50 sessions.

BJJ Sparring and Competition

This class simulates the intensity of a tournament match.

CLASS CONCEPT

Put your skills to the test with sparring and drills of techniques and positions commonly used in competitions.

LEVEL & PROGRESSION

This class is open to White belts (1 stripe) to Black belts. We recommend getting approval from your instructor before attending this class.