

Burton Richardson's BJJ FOR THE STREET
BLUE BELT no stripe TEST

The Blue Belt test should take less than 14 minutes.

TECHNICAL PRECISION

- 1- Explain in 30 seconds or less some differences between BJJ for sport and BJJ For The Street.
- 2- Explain in 30 seconds or less why safe sparring as the basis of functional training.
- 3- Explain and demonstrate in 30 seconds or less a basic escape from the turtle side position.
- 4- Explain and demonstrate in 30 seconds or less the rear collar choke defense.
- 5- Explain and demonstrate in 30 seconds or less the single leg toreada to punch guard pass.

FIGHTING PROFICIENCY

Clinch- No-gi, helmets and gloves, free clinching with light, controlled strikes. Get to takedown position without finishing. 30 seconds

Ground - A weapon will be secretly introduced at some time during at least one of these rounds. The test administrator will determine when. If the administrator is testing, the partner should decide when the surprise is to happen. Spar with *moderate intensity*. Train safely. I want to see technique applied in a safe manner, emphasizing strikes, especially to the street targets.

Round 1

No-gi, helmets and gloves, Guard. All strikes included to all targets.

30 seconds guard bottom
30 seconds guard top.

If guard is passed, continue. If there is a submission, start again in the guard.

Round 2

No Gi, helmets and gloves. **Super Round.**

Positions are: **guard, half guard, side/north south, knee mount, mount, turtle front, back.**

Start in position and go where it goes. If there is a submission, go back to original position.

20 seconds bottom, 20 seconds top, then switch to next position.

Round 3

Gi, no helmets, no gloves. **Free Rolling with strikes.**

2 minutes. Start on the knees, go from there. If there is a submission, start again.