**CDBJJ升带考核标准2020版**

为使广大学员明确训练目标、升带标准，特制定以下升带考核标准供大家参考：

（此标准仅限白带升蓝带、蓝带升紫带适用，紫带以上升带另出考核办法）

**升带考核时间：**

每年的3月、9月为升带考核月

**升带考核流程：**

1满足考核资格的并有意向参加当次考核的学员，提前30天跟主管教练报备沟通，听取主管教练意见是否推荐参加

2不推荐参加，继续训练补足短板

3推荐参加，按时参加考核

4主教练根据考核情况综合认定是否通过，考核通过发带、颁发证书、上官网，未通过参与下次考核

**升带考核准考资格：**

1.白带出勤数：一年以上（每周两次及以上）

实战小时数： 28小时及以上（平均每节课15分钟及以上）

1. 蓝带出勤数：两年及以上（每周两次及以上）

实战小时：56小时及以上（平均每堂课15分钟及以上）

主管教练推荐：

**白升蓝考核内容：**

1基本动作演示（与主管教练搭档）

* 摔法（抱单腿摔，抱双腿摔）
* 封闭式防守扫技（剪刀扫，起身顶胯扫）
* 封闭式防守内降服（十字固，木村锁，领绞）
* 开放式防守扫技（两种方法）
* 侧压降服技（木村锁，腕缄）
* 侧压逃脱（两种方法）
* 骑乘降服技（十字固，领绞，腕缄）
* 骑乘逃脱（两种方法）
* 龟防进攻（转拿背或转侧压）
* 打开封闭式防守（两种方法）
* 过腿（两种方法）
* 直腿锁。
* 拿背降服技（两种方法）
* 拿背跳脱（一种方法）

2实战考核（按ibjjf比赛规则）

与主教练指定的同段位不参与本次考核的三位白带实战3三回合，5分钟一回合，间歇一分钟，降服或分数胜

与主教练指定的两位蓝带师兄实战两回合，6分钟一回合，间歇一分钟，不被降服

**蓝升紫考核内容：**

1基本动作演示（与主管教练搭档）

* 摔法（抱单腿摔，抱双腿摔，过肩摔）
* 封闭式防守扫技（剪刀扫，起身顶胯扫，花扫）
* 封闭式防守内降服技（十字固，木村锁，断头台，领绞，三角锁）
* 开放式防守扫技（两种方法）
* 侧压降服技（木村锁，腕缄，单手领绞）
* 侧压逃脱（三种方法）
* 骑乘降服技（十字固，领绞，袖车绞，腕缄龟防进攻（转拿背或转侧压）
* ）
* 骑乘逃脱（三种方法）
* 龟防逃脱（两种方法）
* 打开封闭式防守（三种方法）
* 半防守扫技（两种方法）
* 蝴蝶扫技（两种方法）
* 过腿（三种方法）
* 直腿锁。
* 拿背降服技（三种方法）
* 拿背逃脱（两种方法）
* 主教练指定位置转换（如：骑乘到拿背，侧压到拿背，南北压制，乌龟到拿背，下位全防守到拿背等）

2实战考核（按ibjjf比赛规则）

与主教练指定的同段位不参与本次考核的三位蓝带实战3三回合，6分钟一回合，间歇一分钟，降服或分数胜

与主教练指定的两位紫带师兄实战两回合，7分钟一回合，间歇一分钟，不被降服

**CDBJJ Assessment Standard for Belt Level Advancement 2020**

In order to make the trainees clear of training objectives and advancement standards, the following assessment standards for belt level advancement are made for your reference:

(This standard is only applicable when graduating from white belt to blue belt and blue belt to purple belt. Another standard will be made for advancement above purple belts.)

**Assessment time for belt advancement:**

March and September of each year are the assessment months.

**Assessment procedure for belt advancement:**

1. Trainees who meet the qualifications and wish to participate in the assessment shall report and communicate with the coach in charge 30 days in advance to see if it’s recommended by him/her.

2 If participation is not recommended, continue training to strengthen the weakness.

3. If participation is recommended, attend the assessment on time.

4. The coach in charge will identify if you pass it or not after comprehensive assessments. If you pass it, belts and certificates will be issued and it will be posted on the official website. If you fail it, attend the next assessment.

**Assessment qualification for belt advancement:**

1. White Belt Attendance: More than one year (twice per week and above)

Number of hours in combat: 28 hours or above (15 minutes or above per class on average)

1. Blue Belt Attendance: Two years or above (twice per week and above)

Combat hours :56 hours or above (15 minutes or above per class on average)

Recommended by the coach in charge.

**White belt to blue belt assessment content:**

1 Basic action presentation (partner with head coach)

* Takedowns(Single leg，Double leg).
* Closed guard sweep (scissors sweep, Hip Bump Sweep)
* Closed guard Submissions(Armbar, Kimura, Cross Choke)
* Open guard sweep (two methods)
* Side Control Submissions(Kimura, Americana)
* Side Control escape (two methods)
* Mount Submissions (Armbar, Cross Choke, Americana).
* Mount escape (two ways).
* Tortoise Submissions(take the back or turn to side control)
* Open closed guard (two ways)
* Past guard (two methods)
* Straight food lock.
* Take back Submissions (two ways)
* Escape from back taking (one way).

2 Actual combat assessment (according to ibjjf rules)

3 rounds of actual combat, 5 minutes per round, 1 minute interval with three white belts designated by the head coach, surrender or higher score

2 rounds of actual combat, 6 minutes per round, 1 minute interval with two blue belts designated by the head coach, without surrender.

**Blue belt to purple belt assessment content:**

1 Basic action presentation (partner with head coach)

* Takedowns(Single leg，Double leg, Shoulder Throw ).
* Closed guard sweep (scissors sweep, Hip Bump Sweep, flower sweep)
* Closed guard Submissions(Armbar, Kimura, Guillotine，Cross Choke，Triangle)
* Open guard sweep (two methods)
* Side control submissions (Kimura, Americana, one hand collar chock)
* Side control escape (three methods)
* Mount Submissions (Armbar, Cross Choke, Ezekiel Choke,Americana).
* Monut escape (three ways).
* Tortoise Submissions (take the back or turn to side control)
* Tortoise escape (two ways)
* Open closed guard (three methods)
* Half guard sweep (two methods)
* Butterfly Sweep (two Ways)
* Past guard (three methods)
* Straight foot lock.
* Take back submissions (three ways)
* Escape from back taking(two ways).
* Coach assigned position change (e.g. ride to the back, side pressure to the back, north and south suppression, tortoise to the back, the next full defense to the back, etc.)

2. Actual combat assessment (according to IBJJF rules)

3 rounds of actual combat, 6 minutes per round, 1 minute interval with three blue belts designated by the head coach, surrender or higher score.

2 rounds of actual combat, 7 minutes per round, 1 minute interval with two purple belts designated by the head coach, without surrender.