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GREEN BELT TO BLUE BELT Requirements: If Students Are At Least 14 Years Old,
They Must Move Up To White Belt Club Class, Which Is Held On Thursdays @ 7:30
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USJJF BRAZILIAN JIU-JITSU RANK REQUIREMENTS 1. Origin Of Jiu-Jitsu 2. Translation Of "Ju-Jitsu" (The Gentle Art) 3. Known Length Of Ju-Jitsu's History. (2,000 Years) 4. Official National System Of Brazilian Jiu-Jitsu As Taught By The United States Ju-Jitsu Federation. (USJJF-BJJ) Techniques (Waza) Students Will Demonstrate The Following Apr 18th, 2024
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Special Jiu-Jitsu Adapted Jiu-Jitsu Rules B. Standing Jiu-Jitsu Techniques • Break Falls Front, Side And Back. • Takedown

Throwing And Being Thrown By An Opponent. 7.5 The Jiu-Jitsu Training Session Evaluation Of Skills Will Be Based On The Following Criteria: A. Concept Of Match B. Prediction Of The Opponent's Movemen Jan 10th, 2024.

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