

## Elite Athletics BJJ Purple Belt Test

A Purple Belt candidate has been training regularly for approximately 2 years and has a good foundation in all positions both offensively and defensively as well as the perspective of upper and lower body targets. A Purple Belt is considered an advanced belt and as such a Purple Belt should know the details of the below techniques and be able to assist the development of beginners. A month before testing there will be a Blue Belt test workshop where all techniques are demonstrated and reviewed. The course curriculum will also support these techniques.

- **STANDING: TAKEDOWNS**
  - Double leg
  - Ankle Pick
  - Step Back Sweep
  - Inside trip
- **FULL GUARD (BOTTOM)**
  - Submissions:
    - Scissors choke
    - Armbar
    - Triangle
    - Omoplata
    - Kimura
    - Overwrap series
    - Ezekiel choke
    - Gi chokes of your choice
  - Sweeps:
    - Balance Sweep
    - Kimura sweep
    - Foot-in-gi Sweep
  - Transition to Back: Elbow Sweep
- **FULL GUARD (TOP)**
  - Passes: demonstrate clearing grips first
    - Ground
      - Basic knee over thigh pass
      - Scoop under stack pass
      - Half standing pass
      - Both hands underscoop pass
    - Standing Pass
  - Pass to Submit:
    - Scoop under stack pass to bread cutter lapel choke
    - One leg up Pass to straight ankle lock (with ashi garame)
    - Stack pass to kneebar
- **HALF GUARD (TOP) and Deep Half**
  - Passes:

- Baseball slide pass
    - Pull knee out pass
    - Thigh Trap power pass
    - Step over pass
  - Submissions:
    - Ezekiel choke
    - Whizzer choke
    - Bread cutter choke
    - Kimura
    - kneebar
- **HALF GUARD (BOTTOM)** and Deep Half
  - Sweeps:
    - Rollover Sweep from being flat (both directions)
    - Underhook foot trap sweep
    - Underhook, knee crank sweep
  - Submissions:
    - Kimura
    - Calf crusher
  - Transition to take the back (with underhook)
- **SIDE CONTROL (TOP)**
  - Submissions:
    - Americana/keylock
    - Ezekiel
    - Kimura
    - Turning Armbar
    - Gi baseball bat choke
    - Your own gi choke
    - Gi control/chicken wing Americana-keylock
  - Transitions:
    - To north south to kimura
    - to take back
    - to mount
- **SIDE CONTROL (BOTTOM)**
  - Escapes:
    - Hip escape
    - Underhook escape
- **MOUNT (TOP)**
  - Submissions:
    - Scissors choke
    - Armbar
    - Americana/keylock
    - Knee up kimura (when opponent hugs)

- **MOUNT (BOTTOM)**
  - Escapes:
    - Upa/rollover (clear hooks)
    - Replace half guard
    - Leg hook to half guard
- **KNEE ON BELLY (TOP)**
  - Submissions:
    - Scissors choke
    - Armbar (straight and spinning)
    - Whizzer choke
  - Transitions; to mount
- **KNEE ON BELLY (BOTTOM)**
  - Escapes:
    - Hip escape up to half guard
    - Toe hold escape
- **BACK CONTROL** – be able to discuss upper body control techniques, head position and hook variations
  - Submissions:
    - Rear Naked Choke
    - Two lapel choke
    - Hand behind head lapel choke
    - Foot behind head choke
    - Ezekiel choke
    - Armbar from sitting back control
- **BACK CONTROL DEFENSE**
  - Escapes: upa up, snake crawl, head position and turn in
- **OPEN GUARD / SPIDER GUARD (TOP):**
  - Passes:
    - Bullfighter
    - Stack pass
    - Leg circle pass
  - Submission:
    - Kneebar
    - Toe hold
    - To ashi garame to straight ankle lock
- **OPEN GUARD / SPIDER GUARD (BOTTOM)**
  - Sweeps:
    - Tripod sweep
    - Scissors sweep
    - Superman sweep
  - Submissions:
    - Sweep to ashi garame to ankle lock

- **BUTTERFLY GUARD (TOP)**
  - Passes:
    - Kick back/foot trap pass
    - Over/under pass
- **BUTTERFLY GUARD (BOTTOM)**
  - Sweeps:
    - Double underhook sweep
    - Single arm trap
- **SIDE TURTLE (TOP)**
  - Transition to back:
    - hook in and take back (two variations)
    - arm trap/roll to take back
  - Submissions:
    - Helicopter lapel choke
    - Arm trap to push over kimura
    - Inside hook to calf crusher
- **SIDE TURTLE (BOTTOM)**
  - Escapes: kick out to half guard
- **FRONT TURTLE (TOP)**
  - Transitions:
    - to side turtle
    - to side control, shoulder pry
  - Submissions:
    - single lapel choke to roll
    - double label choke
    - Darce choke
- **FRONT TURTLE (BOTTOM)**
  - Escapes: sit out (elbow up)
- **SUBMISSION COMBINATIONS:**
  - From guard: omoplata to triangle to armbar
- **SUBMISSION DEFENSES:**
  - Lapel chokes from Guard
  - Armbar from Guard
  - Armbar from mount (two variations)
  - Triangle
  - Rear naked choke
  - Ankle Lock