



Butcher BJJ
Program for Beginners

Introduction

This program is a manual aiming to provide necessary information and guidance to you as a beginner who's about to embark on a new journey stepping into the BJJ dojo for the first time.

The program aims to guide you achieve blue belt promotion by outlining the rules and requirements that you need to follow, adhere to and respect.

Brazilian Jiu Jitsu is relatively a very young martial art when compared to traditional martial arts such as Karate and Judo. BJJ was developed as recent as the beginning of the twentieth century and it originally stems from Judo. Just as in Judo, the central pillars and principles such as respect, discipline and self confidence are still equally important. At the Butcher BJJ school, we believe these principles are as important today as before. These rules and principles pertain to everything from mutual respect to maintaining a healthy and sanitary environment.

Rules and principles

1. Show *respect* and leave the attitude outside the dojo. A BJJ dojo is the wrong place for malicious intent.
2. Be on time. If you are late, wait outside the mat until the *instructor gives you permission* to enter.
3. Respect the mat. Always *bow* when stepping on and off the mat.
4. *Be quiet* when instructions are given. Horsing around (svenska: trams) is not tolerated.

5. Do not leave the mat without the instructor's *permission*.
6. Foul language is *not tolerated*.
7. *Maintain personal hygiene* and in particular keep your feet clean. Dirty feet are not allowed on the mat. Additionally, you *must* wear slippers or indoor shoes when you are not on the mat.
8. You must always wear a shirt inside the club.
9. If you or your child is *ill* (or show any kind of *symptoms*), please *stay at home*. Practice can wait until you are healthy.
10. Your attire (gi or no gi) must be *clean* and clear of bad odor. Dirty attire is a lack of respect for your dojo, instructor and training partners.
11. Show *respect* and *humility* towards your training partners. Everyone is here to learn, there is nothing to prove in class.
12. All jewelry such as piercings, necklaces and other items must be *removed* before training.
13. Fingernails and toenails *must* be kept short/trimmed.
14. Shoes, food and drinks are not allowed on the mat.
15. Try to leave your worries and the problems of the world at the door when you come to practice. Try to relax, have fun and be in peace.
16. *Believe* in yourself and you shall *achieve*.

Promotion

In accordance with the International BJJ Federation and based on our own guidelines, most beginners that start to train at our school as white belts need at least 2 year of

training (averaging 3 practices/week) to achieve blue belt promotion. Depending on athletic background and individual development, exceptions to the above time frames are possible.

The order and colors of Brazilian Jiu Jitsu belts for adults

The most common belt colors from lowest to the highest rank in Brazilian jiu jitsu are as follows:

1. White
2. Blue
3. Purple
4. Brown
5. Black
6. Red (Coral)

The BJJ Belt Progression Timeline

The time it takes to get promoted in jiu jitsu depends on different factors such as the time you train on the mat (how

often you practice), level of development and competency, as well as your instructors' assessment.

The chart below provides an overview of the most common time frames between belts based on the [IBJJF requirements](#). This is a an overview of average time frames and not a definitive chart.

Belt	Average Total Years Training	IBJJF: Time in Grade for Next Belt
White	—	—
Blue	2-3 years	2 years
Purple	4-5 years	1.5 years
Brown	7-8 years	1 year
Black	10-11 years	3 years

White Belt

The first rank in jiu jitsu is the white belt. The beginner will learn fundamental escapes and submission, as well as other techniques, such as “shrimping”.

It’s worth mentioning that at times, beginners can feel frustrated being a white belt as they are at the bottom of the barrel and often on the receiving end. This should not discourage you but rather be seen as part of the learning process and journey.

White Belt Goals

The white belt should focus on survival. This does not just encompass escapes however, but also stopping your opponent’s attacks and progress. Ultimately, you must also learn how to avoid unfavorable positions as the best form of defence.

A white belt must also learn how to tap early and accept to do it often. Knowing when to quit is an essential skill in jiu jitsu. A tap does not mean defeat or failure. The tap means the end of the round, a lesson learned, and the beginning of the next phase in your progression.

Techniques required

Below is the basic program outlined with the techniques and basic foundations that’ll be required to be promoted to blue belt:

- Technical stand up
- 2 ways to open guard

- 3 break falls
- 4 take downs
- 3 ways to pass open guard
- 2 ways to pass closed guard
- 5 sweeps
- 2 half guard sweeps
- 3 side control variations
- 3 ways to mount
- 3 ways to control on top
- 3 ways to escape from top control
- 3 ways to escape from side control
- 3 ways to take the back
- 2 ways to escape from back control
- 4 submissions from guard
- 4 submissions from the back
- 4 submission from the top
- Basic rules

Autumn program 2022

At the beginning of every new season (*hösttermin & vårtermin*) all beginners will receive a program that'll outline the curriculum for every week.

This is a great resource, especially together with our YouTube channel that demonstrates most of the techniques and which all members can access.

◆ **Weeks 32-33-34**

Fall technique, bottom position, keep guard, defensive & offensive guard.

◆ **Weeks 35-36-37-38**

Pass guard, side control variations, different ways to take mount & different ways to take top control.

◆ **Weeks 39-40-41**

Escape from side control, escape from top mount, escape from back control.

◆ **Weeks 42-43-44**

Sweeps

◆ **Weeks 45-46**

Takedowns

◆ **Weeks 47-48-49-50**

Submission from guard, submission from back control, submission from top control side control, submission from top control

BJJ - pass

The club is growing a lot and therefore we created a training book that tracks your entire BJJ journey.

Every member, child or adult who starts at The Butcher's BJJ School will receive a pass where you can track when you got new stripes, new belts, participated in competitions, camps and seminars.

You will have a passport in paper format but then also a digital one that you can access on our website mmacenter.se on the menu option BUTCHER BJJ PASS.

If you do not have a passport, talk to the reception and you will receive one and your login details to the website.

Trust the process, enjoy the journey!

Oss!