



A 12-PAGE FIELD MANUAL

FREE ROADMAP TO BLUE BELT

Reach blue belt without quitting like the 70% who do.



WHITE



BLUE

01 · THE REALITY

WHITE BELT IS THE HARDEST RANK.

70%

DROP-OFF

Quit before reaching blue belt.

12^{mo}

IBJJF MINIMUM

Required time-in-grade at white.

200⁺

MAT SESSIONS

Average to earn the second belt.

It is not talent. It is consistency. Blue belt is not earned in one heroic session. It is earned on rainy Tuesdays when you almost did not go — and went anyway. **This roadmap is built so you become part of the 30% who stay.**



02 · THE STANDARD

WHAT THE IBJJF REQUIRES.

The minimums below are codified by the federation. The realistic targets are what most academies and serious practitioners actually hold themselves to.

| REQUIREMENT | OFFICIAL MINIMUM | REALISTIC TARGET |
|--------------------|-------------------|---------------------|
| Time at white belt | 12 months | 18–24 months |
| Minimum age | 16 years | 16 years |
| Approval | Your professor | Your professor |
| Training frequency | 2 sessions / week | 3–4 sessions / week |

Minimum is just minimum. Your professor decides when you are actually ready — never the calendar, never the app, never you.



PHASE **01**



MONTH 1-2

PHASE 1

• FOUNDATION.

You are not here to win rolls. You are here to stop drowning, learn the language of the mats, and conserve energy long enough to come back next session.

GOAL

Survive. Learn the positions. Stop wasting energy.

SESSIONS / WEEK

2 to 3

FOUR FOCUS AREAS

01 Posture and base.

02 Falling without getting hurt (ukemi).

03 Breathing under pressure.

04 Learning the names of positions.

TECHNIQUES TO LEARN

• Mount • Closed guard • Side control • Upa mount escape • Basic rear naked choke escape

PHASE **02**



MONTH 3-4

PHASE 2

• BUILDING.

Defending kept you alive. It will not get you to blue. This is the phase where you stop reacting and start hunting.

GOAL

Stop only defending. Start attacking with intention.

SESSIONS / WEEK

3

FOUR FOCUS AREAS

01 Basic guard passes.

02 First submissions from mount and back.

03 Sweeps from closed guard.

04 Roll with higher belts without collapsing.

TECHNIQUES

• Armbar from guard • Triangle • Kimura from closed guard • Scissor sweep • Rear naked choke

YOUR FIRST TAP IN A ROLL COUNTS. NOTE IT DOWN.

PHASE **03**



MONTH 5-6

PHASE 3

• SHARPENING.

You are no longer the new person. You have preferences. You have positions you trust. Now make them sharp.

GOAL

Start having a game. Know what you like and why.

SESSIONS / WEEK

3 to 4 · plus open mat on weekends

FOUR FOCUS AREAS

01 Build your A-game: 1 guard, 1 pass, 1 favorite submission.

02 Chain techniques. Stop treating them as individual moves.

03 Manage cardio in long rolls.

04 Compete if you want. Optional, not required.

TECHNIQUES TO POLISH

• Guillotine • Kimura from side control • Toreando guard pass • Finishing armbar under pressure

03 · THE ARSENAL

THE MINIMUM ARSENAL FOR BLUE.



Ten techniques. Not fancy. Not flashy. The non-negotiables.

01 MOUNT ESCAPE

Escape, or never escape.

02 CLOSED GUARD

Your home when you are bottom.

03 ARMBAR

First submission that has to land clean.

04 TRIANGLE

Submission and control in one piece.

05 REAR NAKED CHOKE

The highest-percentage submission in BJJ.

06 KIMURA

Works from guard, side control, and standing.

07 SCISSOR SWEEP

Your first reliable sweep.

08 SIDE CONTROL

Know how to hold it and how it gets escaped.

09 GUILLOTINE

Punishes bad posture.

10 GUARD PASS

No passes means no points means no blue belt.

04 · THE TRAPS

5 MISTAKES THAT SLOW YOU DOWN.

**01****TRAINING WITH EGO**

If you only roll to avoid tapping, you are competing for free, not learning. Tap early, tap often, ask why it worked.

02**JUMPING FROM TECHNIQUE TO TECHNIQUE**

Ten badly learned techniques are worth less than two automatic ones. Pick a small toolkit and drill it until it is reflex.

03**SKIPPING TWO WEEKS IN A ROW**

BJJ's forgetting curve is brutal. Coming back costs double. Show up sore, show up tired — just show up.

04**NOT TAKING NOTES**

If you do not write down what you learned Tuesday, Thursday will not exist. A short log after every session compounds.

05**COMPARING YOURSELF TO OTHER PEOPLE**

The only one that matters is you six months ago. Compete against that version. Always.

05 · THE SIGNS

3 SIGNS THAT BLUE IS CLOSE.

There is no test. There is no certificate. There is only this — three honest checks against yourself.



You **survive rolls with blue belts** without collapsing.



You have at least **one submission that lands live**, not just in drills.



Your professor jokes that **"you are next."** It is not a coincidence.

Three checked? Stop thinking about it. Keep training. The belt comes on its own.



06 · THE TOOL

STOP GUESSING. START MEASURING.

BJJ Belt Progress calculates your real IBJJF progression based on volume, consistency, and time-in-grade. You know exactly where you are — and how far you have to go.



APP STORE

apps.apple.com/app/id6761838129



GOOGLE PLAY

play.google.com/store/apps/details?id=com.bjj.index.app

DOWNLOAD FREE

14 DAYS PRO INCLUDED

MORE FREE TOOLS.

Three companions to this roadmap. All free. No login required.



BELT CALCULATOR

See exactly how many sessions stand between you and your next belt.

bjjindex.app/bjj-belt-calculator



WEB ROADMAP

Interactive online version of this PDF — updated as the curriculum evolves.

bjjindex.app/bjj-blue-belt-roadmap



BJJ GLOSSARY

Every term you hear on the mats — translated, indexed, searchable.

bjjindex.app/bjj-glossary

All free. No login required.





B

BJJ BELT PROGRESS

BUILT FOR PRACTITIONERS

© BJJ Belt Progress · bjjindex.app

Not affiliated with IBJJF.

This document is informational guidance, not a substitute for your professor's judgment.