

Once you complete the Gracie Combatives course online, or at a Certified Training Center, you may test for your Gracie Combatives belt if you are at least 14 years of age. Award of the Gracie Combatives belt signifies that you embody the core self-defense principles and are proficient in the foundational techniques of Gracie Jiu-Jitsu. Once you have earned your Gracie Combatives belt and have dedicated an additional 6-12 months of training in the Master Cycle program, including fight simulation and live sparring against a resistant opponent, you will be eligible to test for your official Gracie Jiu-Jitsu blue belt at a Certified Training Center.

Award of the Gracie Combatives belt requires successful completion of five drills. The Gracie Combatives Proficiency Drills (GCPDs) constitute a standardized test of your proficiency in the execution of the 36 Gracie Combatives techniques. Drills 1 through 4 test your execution of the techniques from the mount, guard, side mount, and standing positions. For each drill, you have five minutes to demonstrate all variations of the techniques in the exact order that we list them on the GCPD charts. Drill 5 is the most important segment of the evaluation since it tests your ability to execute all techniques in a continuous five-minute, "Freestyle Fight Simulation."

Evaluation Criteria

For the Gracie Combatives test, you will start with 100 points and receive a 1-point deduction for each significant error. For promotion, you must score at least 90 points (no more than 10 deductions). The evaluator will focus on the following three areas:

1. Details: Do you own the technique?

The subtle details will vary from one person to the next, but the core understanding of the technique is unmistakable. Each time the evaluator feels that you do not own the "big picture" concept of the technique, you will receive a 1-point deduction.

2. Conviction: Do you believe in the technique?

A technique without conviction is like an automobile without fuel. In a street fight, you're better off with 50% technique and 50% conviction, than 100% technique and 0% conviction. Rather than simply allowing you to "demonstrate" each technique, your bad guy should provide moderate resistance to each movement so that we can verify that you own the technique. For each technique where conviction is clearly lacking, you will receive a 1-point deduction.

3. Reflexes: How quick is your response to indicators?

When an indicator presents itself, you are expected to respond within a reasonable amount of time. While this is true in all the testing drills, the evaluator will be paying particularly close attention to the reflexiveness of your responses in Drill 5. Since the indicators will be presented with greater speed and less predictability in Freestyle Fight Simulation, we don't expect the techniques to be perfect, but we do expect your overall reflexes and punch protection to be solid.

If, upon completing all five drills, you amass more than 10 deductions, or a final score of less than 90 points, we will notify you of your shortcomings so that you may fine-tune your techniques and retest at a later date. If you achieve a final score of 90 points or greater, the evaluator will recommend you for promotion. Once a Gracie University head instructor confirms your eligibility, you will receive your Gracie Combatives belt.

Regardless of the outcome, your test results will arrive with a precise description of each error so that you can use the constructive feedback to sharpen your skills. Keep in mind that the primary benefit of testing is that it gives you the opportunity to get personalized feedback from Gracie University on your path to jiu-jitsu mastery. So if you fail the first time around, don't be too hard on yourself. Instead, use the feedback to make improvements the same way you would if you were sharing the mat with an instructor on a daily basis. We are committed to helping you achieve your jiu-jitsu goals and want to ensure that you are optimally prepared to defend yourself in a violent physical altercation should the day arrive.

Critical Disclosures

If you have to modify one or more techniques due to a pre-existing injury or other physical/mental limitation, that's okay, but it's important that you disclose this information in the notes during the video upload process or to the evaluator during your live evaluation process so proper consideration can be granted. If modify a technique significantly without disclosing the reason why, you may receive a point deduction.

Most Common Mistakes

Having reviewed countless tests over the last 13 years, we've identified these frequently reoccurring mistakes made by students from around the world:

1. Failure to Stand Up in Base

"Base" isn't just a technique, it's a lifestyle. If you don't stand up in base during your test, you will lose a point.

2. Head/Posture Control

Control the opponent's head and posture is one of the most reliable ways to defend against strikes. Throughout your test, if it becomes clear that you are not managing posture effectively, you will lose a point.

3. Choosing a Bad "Bad Guy"

If your bad guy doesn't present realistic indicators, you may lose a point due to our inability to assess your skills.

4. Skipping a Slice

If you skip any slice or variation in your demonstration of techniques, you will lose a point.

Production Guidelines

If you will be testing via video upload, please follow these guidelines:

1. No Cuts

Each of the drills must be recorded in one continuous take. Any edited videos will not be accepted.

2. 5-Minute Limit

Each of the four technical drills must be demonstrated in under five minutes.

3. Fixed Camera

Position your camera on a tripod or other fixed position to minimize camera movement during testing.

4. Good Lighting

Avoid strong back light that would make it hard to see you on the video.

5. Open Testing Area

Set your on-camera testing area large enough so you aren't falling out of frame too often, but not so wide that we can't see the details in your techniques.

6. Consider a Test Caller

You may have a person calling out the slice names during the first four drills to help you stay on track.

Instructor Certification Program

If you have any aspirations to teach Gracie Jiu-Jitsu in your community one day, the first step is to complete the Gracie Combatives program and score a 95 or higher on the Gracie Combatives test. Once you accomplish this goal, you may apply for participation in the Instructor Certification Program. To learn more about the requirements to become a Certified Instructor, visit GracieInstructor.com.

The Path to Blue

Once you earn your Gracie Combatives belt, via video upload or via live evaluation, you will continue your jiu-jitsu journey in the Master Cycle program. After you've spent 6-12 months training in the Master Cycle learning advanced techniques from the Blue Belt Stripe 1 curriculum and sparring with resistant opponents, you will qualify to test for blue belt via live evaluation at an authorized Certified Training Center.

The Path to Purple

From blue to purple belt, you will complete 60 lessons per stripe course, each consisting of an average of 3-4 technique slices or variations. By the time you complete and have demonstrated proficiency in all four Blue Belt Stripe curriculums, you will have learned almost a thousand techniques, at which point you will qualify to test for purple belt via live evaluation under a black belt instructor at an authorized Certified Training Center.

The Path to Brown

Once you earn your purple belt, you will take a deep dive into The 32 Principles of jiu-jitsu. This is where it all starts to come together, and you begin to understand why jiu-jitsu works the way it does. Eight principles per stripe course, four stripe courses total. Not only will you spend several weeks studying each new principle, but you will go to great lengths to incorporate daily practice of the art. Once you've demonstrated a profound understanding of all 32 principles, you qualify to test for your brown belt via live evaluation under a black belt instructor at an authorized Certified Training Center.

The Path to Black

Jiu-jitsu is limitless and will continue to grow with every generation. For each Brown Belt Stripe course, you will upload two videos, each demonstrating a "jiu-jitsu system" or a series of techniques dedicated to a shared objective that you did not learn from Gracie University. Once you've given back to the art that has given you so much, you will be invited to the official Black Belt Test at Gracie University.

For more information on the path from white to black, visit the Testing Center at [GracieUniversity.com](https://www.GracieUniversity.com).