

# **International BEHRING Jiu-Jitsu Association**

## **Rules and Regulations for Black Belt Exam**

### **A. OBJECTIVES**

To standardize and unify worldwide the terminology of the Behring Jiu-Jitsu Association.

To standardize examinations.

To improve the quality of teaching.

To train professors in the basics of Jiu-Jitsu and the material covered in classes.

To create a DVD library for reference and study.

### **B. CONCEPT**

Only one Jiu-Jitsu exists: the one associated with the Gracie family.

Nevertheless, no one invented Jiu-Jitsu and it is not patentable.

Jiu-Jitsu is an art acquired by its appreciation and not by its techniques (in contrast to, say, wrestling).

To know Jiu-Jitsu is to know its basics. How to wrestle is a consequence of that knowledge acquired.

Since its conception, Jiu-Jitsu has been the art of defense. Brazilian Jiu-Jitsu epitomizes that statement.

In order to learn Jiu-Jitsu, one must first learn the principles of the art.

Specialization in principles is requisite for teaching Jiu Jitsu.

To become a teacher of Jiu-Jitsu, one must have graduated in Jiu-Jitsu.

A professor must also be a black belt.

To become a black belt, one must master the foundations of Jiu-Jitsu.

To attain the rank of Black Belt Professor, one must have passed the official examination from the Behring Jiu-Jitsu Masters Committee.

The official examination is given annually, by an examination board composed of qualified Professors and Masters from the Behring Jiu-Jitsu Association.

The official examination consists of three parts:

- Resume
- Kata (Form)
- Thesis



## **2. EXAMINATION**

### 2.1. Knowledge

- Of Jiu-Jitsu (Origins and history in Brazil).

### 2.2. Evaluation of technical knowledge:

- Self defense and competition wrestling.

### 2.3. Evaluation of teaching method.

### 2.4. Evaluation of didactic outline (program).

### 2.5. First aid.

### 2.6. Thesis presentation.

**Item****Point Value Highest Score**

<b>Item</b>	<b>Point Value</b>	<b>Highest Score</b>
<b>1.1 RESUME</b>		
• Tournaments	02	02
• Titles	02	02
• Monitor or instructor:		
Time: Less than one year	01	
More than one year	02	02
• Number of students:		
Up to 20 years of age	01	
From 20 to 40	02	
From 40 to 80	03	
Over 80	04	04
• Amount of time dedicated daily to Jiu-Jitsu:		
Less than one hour	01	
One or two	02	
Two or three	03	
Three or four	04	
Four or five	05	
More than five hours	08	08
• Length of time refereeing:		
Up to one year	01	
One or two	02	
Over two	05	05
• Courses, Etc.:		
Up to three	01	
Over three	02	02
<b>2.1. KNOWLEDGE</b>		
• History	From 00 to 10	10
• Who's who – Great Masters?	From 00 to 05	05
• Statutes	From 00 to 05	05
• Techniques		
Self defense (Kata (Form))	10	10
Competition wrestling (Kata (Form))	10	10
• Methodology (*)	From 05 to 10	10
• Didactic outline (*)	From 05 to 10	10
• First aid (*)	05	05
• Thesis	From 00 to 10	10

(\*) The candidate will give a class to a group composed of low income beginner students, without previous knowledge of Jiu-Jitsu.

Minimum score required: 70.

Failed candidates can only re-apply after one year, as agreed by the examiners.

## **Examination Board**

Will be recommended by the Behring Jiu-Jitsu Masters Council.

The examiners must be:  
Five Professors (From 3<sup>rd</sup> to 6<sup>th</sup> grade)

It can only be altered:

- a. Due to health reasons of one of the examiners.
- b. Due to withdrawal by one of the examiners.

## **Examination**

Document sent to the counsel, consisting of the items listed in section 1.1.  
That document is decisive for the candidate to advance to the next phase.  
The student will attend a written and oral test in the following subjects, at a place and time designated by the board:

History.  
Who's who?  
Statutes.

The candidate will only advance to the decisive phase by obtaining a minimum approval in the two previous phases.

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Minimum score in phase one: 10

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Minimum score in phase two: 25

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Examination of practical issues will be held once yearly at a location determined by the council, as stated in the previous page.

#### 4. KATA (FORM)

Constitutes an expression of movements and strikes at its finest, demonstrating basic principles and application of techniques in minute detail.

The kata implies knowing the defense and the application of strikes, aware of the best performance of the professor in providing the most improvement to the student in learning the techniques.

The kata (form) will be divided in two parts:

- Individually: by him (her) self, simulating attacks and defenses from striking.
- In partnership: other attack and defense movements.



During the presentation the candidate will be queried about the details of certain movements.

#### D. EXAMINATION BOARD

Will be composed of five Professors (from 3<sup>rd</sup> to 6<sup>th</sup> grades) selected by the council.

## **E. THESIS**

Before the final examination, the candidate must present a thesis about a Jiu-Jitsu theme.

The choice of themes is open.

Presentation of one subject suffices; for example, the GUARD PASS could be examined in every detail, from the basic movements to its conclusion.

The technical development must follow a teaching method, in order to make it clear and easy to understand to any practitioner.

Every movement must be explained based on the principles of the technique and follow a logical sequence that is easy to understand.

One must be perfectly clear that the objective is not demonstration of complex techniques practiced and used exclusively by the candidate. The objective is demonstration of knowledge of the basic principles of Jiu-Jitsu.

The conclusion may be one or more special ways of closing the technique, as long as the structure is clear and includes movements that would be feasible for any practitioner.

The candidate will send the DVD to the Council up to one month before the examination.

The DVD will be reviewed together with the resume, to determine if the candidate should advance to the next phase.

The DVD will be added to the collection of the International Behring Jiu-Jitsu Association, and will be part of a DVD library which will be available to Professors for reference.

The grade will be awarded in a certificate signed by:

Grand Master Flavio Behring

Five Professors of the Examination Board

Grand Master Flavio Behring – January 2008

*Translation into English by Milagros Marrero  
Puerto Rico Behring purple belt*