

TRAIN MY HANDS FOR WAR

References - The BJJ belt system

Christian Brazilian Jiu-Jitsu Connect Group, hosted at 3 Embers Grappling Academy, McKinney TX.
Strong hands. Humble hearts.

Primary sources are listed so anything taught can be verified. Rules, minimum ages, and promotion standards change - always read the current source. External links are for education only and do not imply endorsement or affiliation.

1. Official IBJJF Rule Book

International Brazilian Jiu-Jitsu Federation

Current scoring, control criteria, advantages, penalties, and illegal techniques by age and belt. The rulebook governs, not a summary.

<https://ibjjf.com/books-videos>

2. IBJJF graduation system and age divisions

International Brazilian Jiu-Jitsu Federation

Adult and youth belt categories, minimum ages (blue belt at 16), degrees, and time-in-rank guidance.

<https://ibjjf.com/graduation-system>

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