

























BRAZILIAN JIU-JITSU

Brown Belt to 1-Stripe Brown Belt

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(Side Control Work, Kesa Gatame, In-Step Guard, S-Mount, & High Guard)




















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BRAZILIAN JIU-JITSU

1-Stripe Brown Belt to 2-Stripe Brown Belt

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****3-Stripe and 4-Stripe curriculum is individually designated with specific topic areas related to your individual style of practice. Please see Professor Reisler to coordinate these levels.****