

BJJ Belt Progress Chart

White Belt — Sample Output · Format Preview

Stripe progression, time-in-rank estimates, and core skills focus for white belt practitioners.

WHITE BELT · 0–4 Stripes · Typically 1–2 Years

Promotion requirements (IBJJF): Minimum 1 year / 180 days at rank · Instructor approval · Attendance minimum

Stripe	Est. Time	Core Skills Focus
1st Stripe	6–12 months	Basic escapes, shrimp, bridge, fundamental guard retention
2nd Stripe	12–18 months	Basic submissions (armbar, triangle from guard), positional control from mount and side control
3rd Stripe	18–24 months	Escapes from under side control and mount, guard passing basics, standing technique
4th Stripe	24–30 months	Survival under advanced players, intro to competition ruleset, chain escapes

What you get in the full product: All 5 chart versions (white through black belt) · Separate PDF page per belt · Stripe promotion log (date, instructor, gym) · Print-ready · Instant download

Sample output · BJJ Belt Progress Chart · Full product: \$14 · Available at store-seven-eta-51.vercel.app