

#### UFC GYM BJJ PROGRAM BELT PROMOTION SYSTEM

Qualification for the belt test will be judged individually as each student learns and develops their game, this will happen at different paces and intensities.

- 1. Student must have four stripes in their current belt rank in order to qualify to be tested.
- 2. Only Head BJJ Instructors can select the students to be tested.
- 3. Belt test will be conducted by the Head BJJ Instructor and BJJ Instructors.
- 4. Students selected to be tested will receive a list of techniques to be studied for the test.
- 5. Belt testing will take place three times per year.

#### ADULTS BELT RANK SYSTEM:



81.01 8517







25

# **Ufc Gym Instructor Manual**

**Conrad Riker** 

#### **Ufc Gym Instructor Manual:**

Breathing for Warriors Belisa Vranich, Brian Sabin, 2025-10-16 Dr Belisa Vranich s ground breaking second book teaches the science techniques and benefits of breathing correctly and efficiently for warriors in all walks of life People are less in touch with their bodies and especially their breathing than ever before Ironically athletes and others who pride themselves on taking care of their bodies actually put themselves at greater risk Why Because they re asking their body to take on next level demands but failing at life s most essential skill efficient breathing Proper breathing is the world s most powerful biohack Learning it will help you feel better avoid injury and perform at your very best including in bed Champion gladiators master martial artists even spearfishers all had one thing in common efficient breathing to achieve flawless execution An elite few still understand Navy SEALs who need to make the perfect shot super elite weightlifters who truly understand how to harness and channel their energy free divers who can spend seemingly impossible amounts of time underwater and high profile execs who keep calm before multi billion dollar presentations You can learn their secrets From the corporate athlete to the tactical ninja Breathing for Warriors is a practical science forward book that focuses on everything related to breathing and performance from muscles and workouts to an impenetrable inner game ,2000-12 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world The War on Common Sense Conrad Riker, 101-01-01 They Want You Weak Silent and Compliant It's Time to Fight Back Do you feel bombarded by climate hysteria feminist dogma and globalist policies designed to strip you of power Are you tired of being labeled toxic for embracing masculinity while elites dismantle the foundations of civilization What if the climate emergency gender equality and sustainability were lies to control you not save the planet Unmask the billion dollar industries profiting from fear and fake science Learn why green energy scams and carbon taxes are engineered to bankrupt you Discover how globalists weaponize feminism to destroy families and male authority Expose the depopulation agenda hiding behind climate action and woke philanthropy Defend your rights against censorship false accusations and legal enslavement Reject the lies that paint masculinity as a flaw and reclaim your evolutionary birthright Decode the playbook used to replace national sovereignty with dystopian global governance Arm yourself with tactics to resist rebuild and rally others to your cause If you want to break free from the lies reclaim your sovereignty and join the rebellion against humanity s greatest threats buy this book today Gender Cuckery Conrad Riker, Are you fed up with the constant degradation of traditional before they ban it masculinity Do you feel like woke leftist ideologies and extreme feminist movements are destroying the family unit and tearing society apart Look no further Gender Cuckery uncovers the sinister intentions behind progressive ideas such as

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