



## Women's Trauma-Informed Brazilian Jiu-jitsu Team

### Achievement Objectives

#### **Commitment (Light Green)**

You showed up for yourself: 4, 8, and 12 times. You were engaged and present on the mat.

#### **Communication (Jade)**

You demonstrated communication with your training partners: tapping, asking for and giving consent, expressing and maintaining physical boundaries, using your words if you encountered a problem.

#### **Peer Support (Dark Teal)**

Your positive attitude and safe training behavior on the mat contributed to a safe space for others. You celebrated your teammates' accomplishments as much as your own.

#### **Resilience (Purple)**

When you got overwhelmed on the mat, you used your grounding tools to work through it. You have at least one solid, reliable tool to help you work through both "fight" (hyperarousal) and "freeze" (hypoarousal) responses.

#### **Achievement (Gold)**

You set goals for yourself during the intake for this program, and you met them.

#### **Physical Foundations (Slate)**

You can shrimp (forward and reverse), bump, shoulder walk, shoulder roll, breakfall, stand up technically, duck walk, kick over, and kick under.

#### **Stamina (Dark Green)**

You can spar continuously for 3 minutes. Then 4 minutes.

#### **Courage (Burgundy)**

You can spar with a safe male training partner from our Focused Fight Team (FFT).

#### **White-Belt Ready**

##### **(White with a Black bar)**

You have completed all FFT first-stripe requirements, including 5-minute shark tank, certified by Head Coach Jeff Robison.