

Goodyear BJJ Athletic Skill Standards

Metabolic Conditioning

Run 100 Meters:

- Level 1: 20 sec
- Level 2: 16 sec
- Level 3: 13 sec
- W Record: 9.58 sec

Run 400 Meters:

- Level 1: 2 min
- Level 2: 1 min 35 sec
- Level 3: 1 min 20 sec
- W Record: 43.18 sec

Run 800 Meters:

- Level 1: 4 min 20 sec
- Level 2: 3 min 20 sec
- Level 3: 2 min 50 sec
- W Record: 43.18 sec

Run 1 Mile:

- Level 1: 8 min
- Level 2: 7 min
- Level 3: 6 min

Run 5 Kilometers:

- Level 1: 30 min
- Level 2: 26 min
- Level 3: 21 min
- W Record: 12 min 37 sec

Rowing 500 Meters:

- Level 1: 1 min 55 sec
- Level 2: 1 min 40 sec
- Level 3: 1 min 30 sec
- W Record: 75 Sec

Rowing 2000 Meters:

- Level 1: 9 min
- Level 2: 8 min
- Level 3: 7 min 10 sec
- W Record: 5 min 36.6 sec

Jump Rope Double Unders:

- Level 1: 15 no misses
- Level 2: 40 no misses
- Level 3: 100 No Misses

10 Minute Kettlebell Snatch Test:

- Level 1: 50 Each Arm – 24 kg
- Level 2: 75 Each Arm – 24 kg
- Level 3: 100 Each Arm – 24 kg

Thrusters:

- Level 1: 25 reps ½ Bodyweight
- Level 2: 40 Reps ½ Bodyweight
- Level 3: 40 Reps ¾ Bodyweight

1 Mile Sandbag Carry:

- Level 1: ¼ Bodyweight Bag
- Level 2: ½ Bodyweight Bag
- Level 3: Bodyweight Bag

Fran (21, 15, 9 reps of 95# Thrusters and Pull Ups):

- Level 1: Time = 6 min
- Level 2: Time = 4 min 30 sec
- Level 3: Time = 3 min 55 sec

Bodyweight/Gymnastics Skills

Push Ups:

- Level 1: 30 Strict Push Ups
- Level 2: 60 Strict Push Ups
- Level 3: 60 on Rings

1 Arm Push Ups:

- Level 1: 1 Each Arm
- Level 2: 5 Each Arm
- Level 3: 5 Each Arm on 1 Arm & 1 Leg

Handstand Push Ups:

- Level 1: 10 HSPU's against Wall
- Level 2: 20 HSPU's against Wall
- Level 3: 1 HSPU Free Standing

Handstands:

- Level 1: 1 min against Wall
- Level 2: 2 min against Wall or
15 seconds Free Standing
- Level 3: 45 seconds Free Standing

Handstand Walk:

- Level 1: 15 Yards
- Level 2: 25 Yards
- Level 3: 50 Yards

Dips:

- Level 1: 10 on Rings
- Level 2: 20 on Rings
- Level 3: 30 on Rings

Planche Progression:

- Level 1: 60 sec Frog
- Level 2: 15 Sec Tuck
- Level 3: 30 Sec Tuck

Pull Ups:

- Level 1: 15 Kipping
10 Strict
- Level 2: 20 Kipping
15 Strict
- Level 3: 30 Kipping
15 Strict

Back Lever:

- Level 1: 5 Skin the Cats
- Level 2: 10 sec Advance Tuck
- Level 3: 10 Sec Half Lay

Front Lever:

- Level 1: 5 Skin the Cats
- Level 2: 10 sec Advance Tuck
- Level 3: 10 sec Half Lay

L Sits:

- Level 1: 5 sec L Sit
- Level 2: 30 sec L Sit
- Level 3: 60 sec L Sit

Muscle Ups:

- Level 1: 1 Muscle Ups on Rings
- Level 2: 5 Muscle Ups on Rings
- Level 3: 10 Muscle Ups on Rings

Burpees:

- Level 1: 10 Burpees in 1 min
- Level 2: 20 Burpees in 1 min
- Level 3: 30 Burpees in 1 min

Pistols:

- Level 1: 10 per Leg
- Level 2: 15 per Leg
- Level 3: 20 per Leg

Sit Ups:

- Level 1: 70 in 2 min
- Level 2: 80 in 2 min
- Level 3: 90 in 2 min

1 Arm Pull Up:

- Level 3: 10 second 1 Arm Negative

Power

Box Jumps:

- Level 1: 20 nonstop on 24" Box
- Level 2: 30 nonstop on 24" Box
- Level 3: 30 nonstop on 32" Box

Broad Jump:

- Level 1: 6'
- Level 2: 8'
- Level 3: 9'
- W Record: 12'2"

Standing Vertical Jump:

- Level 1: 18"
- Level 2: 25"
- Level 3: 30"
- W Record: 48"-52" (unverified)

Standing Box Jump:

- Level 1: 20"
- Level 2: 30"
- Level 3: 40"
- W Record: 58"-68" (unverified)

Snatch:

- Level 1: 0.8x Bodyweight
- Level 2: 1x Bodyweight
- Level 3: 1.25x Bodyweight
- W Record: 470 lbs

Clean:

- Level 1: 1x Bodyweight
- Level 2: 1.25x Bodyweight
- Level 3: 1.6x Bodyweight
- W Record: 580 lbs

Jerk:

- Level 1: 0.5x Bodyweight
- Level 2: 1x Bodyweight
- Level 3: 1.25 Bodyweight
- W Record: 580#

Power Clean:

- Level 1: 0.75 Bodyweight
- Level 2: 1x Bodyweight
- Level 3: 1.4x Bodyweight
- W Record: Over 500 lbs (unverified)

Power Snatch:

- Level 1: 0.6x Bodyweight
- Level 2: .8x Bodyweight
- Level 3: 1.1
- W Record: 412 lbs

32 kg Snatch:

- Level 1: 20 Each Arm
- Level 2: 30 Each Arm
- Level 3: 40 Each Arm

Strength

Bench Press:

- Level 1: 1x Bodyweight
- Level 2: 1.25x Bodyweight
- Level 3: 1.5x Bodyweight
- W Record: 1075 lbs

Military Press:

- Level 1: 0.75x Bodyweight
- Level 2: 0.875x Bodyweight
- Level 3: 1x Bodyweight
- W Record: 535 lbs

Weighted Dips:

- Level 1: 0.5x Bodyweight
- Level 2: 0.75x Bodyweight
- Level 3: 1x Bodyweight

Back Squat:

- Level 1: 1x Bodyweight
- Level 2: 1.5x Bodyweight
- Level 3: 2x Bodyweight
- W Record: 1250 lbs

Front Squat:

- Level 1: 1x Bodyweight
- Level 2: 1.5x Bodyweight
- Level 3: 1.7x Bodyweight

Overhead Squat:

- Level 1: 0.75x Bodyweight
- Level 2: 1x Bodyweight
- Level 3: 1.3x Bodyweight

Bent Row:

- Level 1: 1.25x Bodyweight
- Level 2: 1.375x Bodyweight
- Level 3: 1.5x Bodyweight

Weighted Pull Ups:

- Level 1: 0.5x Bodyweight
- Level 2: 0.6x Bodyweight
- Level 3: 0.75x Bodyweight

Deadlift:

- Level 1: 1.5x Bodyweight
- Level 2: 2x Bodyweight
- Level 3: 2.5x Bodyweight
- W Record: 1100 lbs

Turkish Get Up:

- Level 1: .33x Bodyweight
- Level 2: 0.5x Bodyweight
- Level 3: 0.6x Bodyweight