Self Defence Systems - Belt Ranks

Youth
(from age 9)

Belt Rank	Minimum Time Served	Minimum Age to Achieve
Level 1 - White	6 months	9 Years Old
White/Black	6 months	9.5 Years Old
Level 2 - Yellow	6 months	10 Years Old
Yellow/Black	6 months	11 Years Old
Level 3 - Orange	9 months	12 Years Old
Orange/Black	9 months	13 Years Old
Level 4 - Red	9 months	14 Years Old
Red/Black	9 months	15 Years Old

Adults
(from age 16)

Belt Rank	Minimum Time Served	Minimum Age to Achieve
Level 1 - White	9 months	N/A
Level 2 - Yellow	9 months	N/A
Level 3 - Orange	12 months	N/A
Level 4 - Red	12 months	N/A
1st Dan Black	2 years	16 Years Old
2nd Dan Black	3 years	18 Years Old
3rd Dan Black	4 years	21 Years Old
4th Dan Black	5 years	25 Years Old
5th Dan Master	5 years	30 Years Old
6th Dan Master	5 years	35 Years Old
7th Dan Master	5 years	40 Years Old
8th Dan Grandmaster	N/A	45 Years Old

Gradings & Time Served

Gradings take place up to three times per year. For each rank, members must spend a minimum amount of time before being able to Grade.

However, each Dan Grade must also adhere to National Time Served regulations:

Dan Grade Time Served is based in years not months i.e. if earning 1st Dan in Dec 2018, 2nd Dan can be Graded for in Apr 2020.

Youth Grades

If members are under the age of 16, they will progress through Youth Grades at Colour Belt. This involves them being able to Grade up to the Colour Rank with Black before being able to achieve the next colour rank. If a member turns 16 whilst at Colour Belt with Black, they will enter the Adult Grades at their next Grading.

Rank Accreditation from other Martial Arts Styles

If Members hold ranks in other Martial Arts, they will may have served time reduced at the Colour Belt Grades. This accreditation can be used at the discression of Grading Examiers. However a minimum of 2 years must be served at Colour Belt before being able to Grade to Black.

Master Grades & Time Served

To receive promotion to Master, a student must have be actively training and/or teaching for the total minimum time required at each rank.