

Brazilian Jiu Jitsu - Rank Belts

Juniors

(age 10 and under)

Rank Belt	Minimum Time in Rank	Minimum Age To Achieve Rank
White	12 Months	3 Years Old
Grey with White	12 Months	4 Years Old
Grey	12 Months	
Grey with Black	12 Months	
Yellow with White	12 Months	7 Years Old
Yellow	12 Months	
Yellow with Black	12 Months	
Orange with White	12 Months	10 Years Old
Orange	12 Months	
Orange with Black	12 Months	
Green with White	12 Months	13 Years Old
Green	12 Months	
Green with Black	12 Months	

*Currently, our junior programme starts at age 5

Belt Stripes (Colour Belts)

All coloured belts has a black stripe tab at one end that can hold up to 4 stripes. Although each club/Instructor will award stripes for different reasons and in different time scales, Paraestra Southampton will award stripes during scheduled Grading Events. These take place approximately every 3 months. The average time to achieve each stripe is 6 months, making there an average time of 2 years per belt rank. This will vary however, based on individuals attendance and progression in skill level.

(Note; belt promotions may occur prior to 4 stripes being awarded)

Rank Progression

All Members will begin at White Belt. After a minimum time in rank, members may be Graded by their Instructor. The time in rank will vary depending on class availability, members attendance and progression in skills level.

Youth

(from age 11)

Rank Belt	Minimum Time in Rank	Minimum Age To Achieve Rank
White	12 Months	N/A
Grey	12 Months	N/A
Yellow	12 Months	N/A
Orange	12 Months	N/A
Green	12 Months	14 Years Old

Age & Rank Promotional Requirements

Although the IBJJF* has no set minimum time in rank for Juniors & Youths, there are minimum age requirements.

Once at the age of 16, members will automatically enter the Adults Ranks. (If individuals have achieved belts in the Junior or Youth Ranks, they may be entered at a higher a rank belt once turning 16 i.e. a Yellow Belt may be entered/Graded straight to Blue).

*International Brazilian Jiu Jitsu Federation

Adults

(from age 15)

Rank Belt	Minimum Time in Rank	Minimum Age To Achieve Rank
White	2 Years	N/A
Blue	2 Years	16 Years Old
Purple	2 Years	
Brown	2 Years	18 Years Old
Black	3 Years	19 Years Old
Black - 1st Degree	3 Years	
Black - 2nd Degree	3 Years	
Black - 3rd Degree	5 Years	
Black - 4th Degree	5 Years	
Black - 5th Degree	5 Years	
Black - 6th Degree	7 Years	
Red/Black - 7th Degree	7 Years	50 Years Old
Red/White - 8th Degree	10 Years	57 Years Old
Red/Coral - 9th Degree	Highest Rank	67 Years Old