

Self Defence Systems - Belt Ranks

Youth

(from age 10)

Belt Rank	Minimum Time Served	Minimum Age
Level 1 - White	6 months	10 Years Old
White/Black	12 months	10.5 Years Old
Level 2 - Yellow	6 months	11.5 Years Old
Yellow/Black	12 months	12 Years Old
Level 3 - Orange	6 months	13 Years Old
Orange/Black	12 months	13.5 Years Old
Level 4 - Red	6 months	14.5 Years Old
Red/Black	12 months	15 Years Old

Adults

(from age 16)

Belt Rank	Minimum Time Served	Minimum Age
Level 1 - White	1 Year	N/A
Level 2 - Yellow	1 Year	N/A
Level 3 - Orange	1 Year	N/A
Level 4 - Red	1 Year	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 twice 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/cycles i.e. earning 1st Dan in Dec 2018 may Grade in Apr 2020 for 2nd Dan

Rank Accreditation from Freestyle TaeKwonDo (FTKD) or Brazilian Jiu Jitsu (BJJ)

If an Adult Member holds certain ranks with PSMA's FTKD or BJJ, they will may have served time removed at certain ranks in SDS:

Purple Belt in FTKD or 1 Stripe White Belt in BJJ is achieved, members may have their time severed halved at **White** Belt

Red Belt in FTKD or 2 Stripe White Belt in BJJ is achieved, members may have their time severed halved at **White** & **Yellow** Belt

1st Degree in FTKD or 3 Stripe White Belt in BJJ is achieved, members may have their time severed halved at **White**, **Yellow** & **Orange** Belt

2nd Degree in FTKD or 4 Stripe White Belt in BJJ is achieved, members may have their time severed halved at **White**, **Yellow**, **Orange** & **Red** Belt

Other combinations of rank may be accredited to SDS rank and are at the discretion of the Senior Instructor. A minimum of 2 years time served must be met at Colour Belt Levels

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.

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 still at Colour Belt Grades, they will exit the Youth Grades after their next Grading.

Sparring

To spar using Stand Up rules (involving kicks & strikes), Sparring Gear MUST be worn. Stand Up Sparring is a requirement when Grading at any level.

Hitting your partner whilst on the floor is NOT permitted under the age of 18 and is highly recommended to those over the age of 18 not to strike when on the floor*.

*Members choosing to ignore this, will do so at their own risk.