

# Paraestra Southampton

## Brazilian Jiu Jitsu Ranking System

Juniors  
(age 3 to 15)

Adults  
(from age 16)

Rank Belt	Recommended Time in Rank	Minimum Age To Achieve Rank	Rank Belt	Minimum Time in Rank	Minimum Age To Achieve Rank
White	8 months	3 Years Old	White	N/A	N/A
Grey with White	8 months	4 Years Old	Blue	2 Years	16 Years Old
Grey	8 months	5 Years Old	Purple	1.5 Years	16 Years Old
Grey with Black	8 months	6 Years Old	Brown	1 Year	18 Years Old
Yellow with White	8 months	7 Years Old	Black	3 Years	19 Years Old
Yellow	8 months	8 Years Old	Black - 1st Degree	3 Years	22 Years Old
Yellow with Black	8 months	9 Years Old	Black - 2nd Degree	3 Years	25 Years Old
Orange with White	12 Months	10 Years Old	Black - 3rd Degree	5 Years	28 Years Old
Orange	12 Months	11 Years Old	Black - 4th Degree	5 Years	33 Years Old
Orange with Black	12 Months	12 Years Old	Black - 5th Degree	5 Years	38 Years Old
Green with White	12 Months	13 Years Old	Black - 6th Degree	7 Years	43 Years Old
Green	12 Months	14 Years Old	Red/Black - 7th Degree	7 Years	50 Years Old
Green with Black	12 Months	15 Years Old	Red/White - 8th Degree	10 Years	57 Years Old
			Red/Coral - 9th Degree	Highest Rank	67 Years Old

\*classes for 3 & 4 year olds are not currently available

### Rank Progression

All students 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.

### Colour Belt Stripes

All coloured belts have a black stripe tab at one end that can hold up to 4 stripes. Although each club/Instructor will award stripes when the student is deemed ready, Paraestra Southampton believes this should be a highlighted occasion. Grading Events are scheduled approximately every 3 months when those who are deemed ready, will be promoted. However, if needed stripes can be awarded in a class rather than at a Grading Event.

### Black Belt Degrees/Stripes

Black Belt Promotions can only be made by a Black Belt at least 2 Degrees higher i.e. a 1st Degree can only be awarded by a 3rd Degree or above.

### Belt Promotions

Belt Promotions are done during Grading Events. A Blue Belt Instructor can Grade Juniors up to Yellow/Black. From Orange/White & Green/Black, the Instructor must be a Purple Belt or above. Any one being promoted to Blue Belt must be awarded by a Brown Belt or above. This trend of being at least 2 belts higher to promote continues until 7th Degree Black Belt. 8th & 9th Degrees are awarded based on time served and a collective decision from Senior Ranking Paraestra Officials.  
(Note; colour belt promotions may occur prior to 4 stripes being awarded)

### Age & Rank Promotional Requirements

#### **JUNIORS**

Although there is no set time in rank for Juniors, there are minimum age requirements (see chart above). Those aged 12 or over may skip from White to Grey after 12 months of training, Grey to Yellow after a further 12 months of training, Yellow to Orange after another 12 months, Orange to Green after another 12 months then from Green to Blue at 16.

#### **ADULTS**

There is no set time in rank for White Belt, however it is recommended that there is at least 12 months of training is completed before Blue Belt is awarded. (If Grey, Yellow or Orange Belt has been achieved in the Junior Ranks, they immediately promote to Blue Belt. If a Green Belt is achieved, then a Purple Belt may be awarded at the discretion of the Senior Black Belt).