

# Paraestra Southampton

## Brazilian Jiu Jitsu Ranking System

### Juniors

(age 15 and under)

Rank Belt	Recommended Time in Rank	Minimum Age To Achieve Rank
White	9 months	3 Years Old
Grey/White	9 months	4 Years Old
Grey	9 months	5 Years Old
Grey/Black	9 months	6 Years Old
Yellow/White	9 months	7 Years Old
Yellow	9 months	8 Years Old
Yellow/Black	9 months	9 Years Old
Orange/White	12 Months	10 Years Old
Orange	12 Months	11 Years Old
Orange/Black	12 Months	12 Years Old
Green/White	12 Months	13 Years Old
Green	12 Months	14 Years Old
Green/Black	12 Months	15 Years Old

### Adults

(age 16 and above)

Rank Belt	Minimum Time in Rank	Minimum Age To Achieve Rank
White	Recom. 2 Years	N/A
Blue	2 Years	16 Years Old
Purple	1.5 Years	16 Years Old
Brown	1 Year	18 Years Old
Black	3 Years	19 Years Old
Black - 1st Degree	3 Years	22 Years Old
Black - 2nd Degree	3 Years	25 Years Old
Black - 3rd Degree	5 Years	28 Years Old
Black - 4th Degree	5 Years	33 Years Old
Black - 5th Degree	5 Years	38 Years Old
Black - 6th Degree	7 Years	43 Years Old
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

#### 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 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 to Green/Black, the Instructor must 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**

For Juniors, there are minimum age requirements at each belt (see chart above). There are also recommended time in rank for each belt also, but this can vary from person to person.

##### **TEENAGERS**

If aged 13 or 14 when starting at Paraestra Southampton, the student will progress through the Junior Ranks. A Grey Belt will be awarded as their next belt if a belt promotion is given after 1 year. If a further promotion is required prior to turning 16, a Yellow Belt will be awarded. If aged 15 or over when starting, the student will progress within the Adult Grades but must remain as a White Belt for a minimum of 2 years. This may vary from person to person.

##### **JUNIOR GRADES TRANSFERRING TO ADULT GRADES**

If Grey, Yellow or Orange Belt has been achieved in the Junior Ranks, they will promote to Blue Belt at the age of 16. If a Green Belt is achieved, then a Purple Belt may be awarded at the discretion of the Senior Black Belt.

##### **Turning 15:**

White Belts that have been training between 1 and 2 years, will be translated into the adult grades as follows:

Jnr. White 4 stripe to Adt. White 2 stripe, Jnr. White 3 stripe to Adt. White 1 stripe.

Any grade lower than a Jnr. White 3 stripe, will not wear stripes as an Adult White Belt.

The exception to this is if the student is training up to 3 times a week and plans to continue to do so. They will then be awarded a Grey/White Belt at their next Grading. If they have progressed to a satisfactory level as they turn 16, they will be promoted to Blue Belt at the next Grading after their 16th birthday. If not, they will enter the Adult Grades as a White Belt with 4 stripes.

##### **ADULTS**

There is no set time in rank for White Belt, however it is recommended that 2 years of training is completed before Blue Belt is awarded.