

NEW Self Defence Systems Ranking System

| New Belt Rank | Syllabus Requirement Summary | Minimum Requirements for Sparring | Minimum Time Served | Minimum Age to Achieve |
|---------------------|--|---|---------------------|------------------------|
| White - 8th KYU | Kicks, Strikes, Blocks, Releases, Falling, Ground Escapes | Not required to Grade | 3 months | 12 Years Old |
| Yellow - 7th KYU | Kicks, Strikes, Blocks, Joint Manipulations, Sweeps, Ground Positions | 2 rounds of Stand Up & Grappling as separate rounds | 3 months | |
| Orange - 6th KYU | Kicks, Strikes, Blocks, Escapes, Joint Manipulations, Chokes, Sweeps, Ground Positions | 2 rounds of Stand Up & Grappling as separate rounds | 3 months | |
| Green - 5th KYU | Kicks, Strikes, Blocks, Escapes, Chokes, Sweeps | 4 rounds of Stand Up & Grappling as separate rounds | 3 months | |
| Blue - 4th KYU | Kicks, Strikes, Blocks, Escapes, Joint Manipulations, Chokes, Sweeps, Throws, Ground Positions | 4 rounds of Stand Up & Grappling that lead into one another | 6 months | 13 Years Old |
| Purple - 3rd KYU | Kicks, Strikes, Escapes, Joint Manipulations, Ground Positions | 6 rounds of Stand Up & Grappling that lead into one another | 6 months | |
| Red - 2nd KYU | Kicks, Joint Manipulations, Sweeps, Throws | 6 rounds of Stand Up & Grappling that lead into one another | 6 months | |
| Brown - 1st KYU | All Above | 8 rounds of Stand Up & Grappling that lead into one another | 6 months | |
| 1st Dan Black | Randomly selected technique demonstration at a Formal Grading | 8 rounds of Stand Up & Grappling that lead into one another | 2 years | 15 Years Old |
| 2nd Dan Black | Randomly selected technique demonstration at a Formal Grading | 8 rounds of Stand Up & Grappling that lead into one another | 3 years | 18 Years Old |
| 3rd Dan Black | Randomly selected technique demonstration at a Formal Grading | 8 rounds of Stand Up & Grappling that lead into one another | 4 years | 21 Years Old |
| 4th Dan Black | Randomly selected technique demonstration at a Formal Grading | 8 rounds of Stand Up & Grappling that lead into one another | 5 years | 25 Years Old |
| 5th Dan Master | Time Served Promotion | Candidates Choice | 5 years | 30 Years Old |
| 6th Dan Master | Time Served Promotion | Candidates Choice | 5 years | 35 Years Old |
| 7th Dan Master | Time Served Promotion | Candidates Choice | 5 years | 40 Years Old |
| 8th Dan Grandmaster | Time Served Promotion | Candidates Choice | N/A | 45 Years Old |

Age Requirements

To train in SDS, there is a minimum age of 12 years old. Further age restrictions for certain ranks are listed above. If the member is due to become the required age no more than 30 days after the event, they may still Grade.

Gradings & Time Served

Colour Belts will be offered a Grading opportunity every 3 months which will take place during a class. NOTE: from Blue - 4th KYU the minimum time in rank increases to 6 months. Black Belt Candidates must Grade at a Formal Grading that will take place at least annually. Black Belt/Dan Grades must adhere to National Time Served regulations which are based in years not months i.e. if earning a 1st Dan in 2024, 2nd Dan can be Graded for anytime in 2026.

Rank Accreditation from other Martial Arts Styles

Having at least Blue Belt in FTKD and/or (adult) 2 stripe White in BJJ, may receive an Orange - 6th KYU in SDS.

Having at least a Black Belt in FTKD or Blue Belt in BJJ, may receive a Blue - 4th KYU in SDS.

Having both a Black Belt in FTKD & Blue Belt in BJJ, may receive a Red - 2nd KYU in SDS.

If having ranks in any other Martial Arts, they may have served time reduced at the KYU Grades. A Grading Assessment must still take place before rank is awarded.

If significant Grades have been achieved in 2 other associated styles when Grading for 4th or 5th Dan, the requirement of a physical Grading may be removed and the associated Grades credited so the promotion can be awarded after the minimum time served.

All accreditations are used at the discretion of the Senior Instructor.

Master Grades & Time Served

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