



Kid's Orange/White Belt Grading Requirements

Name: _____ Grading Date: _____ Parents Sign: _____

☐ I am committed to getting my Orange/White Belt at the next grading.

☐ I am committed to applying the same dedication to my school work.

☐ I am committed to be on my best behaviour at school and martial arts.

- **Pre Requirements:**

- 4 stripes on Yellow/Black Belt (1 year consistent attendance)
- Must be 10 years or older

- **Basic Ground Positions:**

- Half Guard
- Quarter Guard

- **Ground Techniques:**

- Sit up Sweep to Mount
- Arm bar from Mount
- Choke from Mount

- **Takedown:**

- Hip Wheel (KoshiGaruma)

- **Self Defence:**

- Two handed front choke against wall
- Sucker Punch Defence

- **Fitness:**

- 50 Bridges over the shoulder
- 20 Bridges straight back

- **Culture:**

- 'Sweep' = 'Raspar' (has-parh)
- 'Pass' = 'Passar' (pass-arh)

Jiu Jitsu Belts
<input type="checkbox"/> Grey White
<input type="checkbox"/> Grey
<input type="checkbox"/> Grey Black
<input type="checkbox"/> Yellow White
<input type="checkbox"/> Yellow
<input type="checkbox"/> Yellow Black
<input type="checkbox"/> Orange White
<input type="checkbox"/> Orange
<input type="checkbox"/> Orange Black
<input type="checkbox"/> Green White
<input type="checkbox"/> Green
<input type="checkbox"/> Green Black

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| <ul style="list-style-type: none">• MOTIVATORS |
| <ul style="list-style-type: none">• Winners Never Quit, Quitters never win |
| <ul style="list-style-type: none">• We fall down to learn how to get up. |

