



Kid's Orange Belt Grading Requirements

Name: _____ Grading Date: _____ Parents Sign: _____

- I am committed to getting my Orange 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 Orange/White Belt (1 year consistent attendance)
- Must be 10 years or older

- **Ground Techniques:**

- Escape Side Control to Knees
- Escape Side Control to Guard
- Half guard to guard escape

- **Self Defence:**

- Defence against headlock (holding)
- Defence against headlock (hitting)
- Gracie Elbows

- **Fitness:**

- 30 Hindu Squats
- 10 Hindu Pushups
- 10 Sprawls

- **Culture:**

- 'Head' = 'Cabeça' (cah-bay-sah)
- 'Arm' = 'Braco' (bra-soh)
- 'Leg' = 'Perna' (perh-nah)

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. |