



Kid's Yellow/White Grading Requirements

Name: _____ Grading Date: _____ Parents Sign: _____

- ☐ I am committed to getting my Yellow/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 Grey/Black Belt (1 year consistent attendance) Must be 7 years or older

Movement Techniques:

- Bridging straight back
- Bridging over the shoulder
- Hipping out escape from mount

Self Defence:

- Basic self defence drill- breakfall backwards, move forward, move back, and kick, technical stand up

Fitness:

- Count to 10 while doing jumping jacks:

- '1' = 'Um' '2' = 'Dois' '3' = 'Tres' '4' = 'Quatro' '5' = 'Cinco' '6' = 'Seis' '7' = 'Sete' '8' = 'Oito' '9' = 'Nove' '10' = 'Dez'

Culture:

- Who are the Gracies?
- Who is Helio Gracie?

How many points for and show the following:

- A takedown -Knee on belly position -A Sweep-Passing guard

☐ 3X10 Break falls

☐ 3X10 push ups, 10 sit ups, 10 Squats.

☐ 3 by 30 seconds on Focus Mitts, 3X1 Sparring.

Jiu Jitsu Belts

- ☐ Grey White
- ☐ Grey
- ☐ Grey Black
- ☐ Yellow White
- ☐ Yellow
- ☐ Yellow Black
- ☐ Orange White
- ☐ Orange
- ☐ Orange Black
- ☐ Green White
- ☐ Green
- ☐ Green Black