



Kid's Grey White Belt Grading Requirements

Name: _____ Grading Date: _____ Parents Sign: _____

- ☐ I am committed to getting my Grey/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 White Belt (6 months consistent attendance)

- **Movement Techniques:**

- Rolling forward over the shoulder
 - Rolling backwards
 - Hipping out
 - Break falls backwards
 - Mount

- **Self Defence**

- Technical stand up

- **Culture**

- How to wear the kimono and tie the belt
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 - 'Thank you' = 'Obrigado' for males (oh-bre-gah-dough)
= 'Obrigada' for females (oh-bre-gah-dah)
 - 'Uniform' = 'Kimono' (key-moe-noh)

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

<input type="checkbox"/> Technique requirement
<input type="checkbox"/> 5 Pushups, 5 Situps, 5 Squats, 5 Monkey pulls
<input type="checkbox"/> 2X 30 seconds on the Focus Mitts
<input type="checkbox"/> 1 X 30 Seconds on Kick Shield