

BELT REQUIREMENTS

What each rank needs in our Ishizue Karate and Brazilian Jiu Jitsu programs. Members use it constantly; parents find it reassuring.

HOW GRADINGS WORK

Belts are earned in class over time, not bought or scheduled on demand. Your coach tells you when you are ready, gradings are announced in class and in the app, and every grading is judged on technique, attitude and attendance — in that order.

ISHIZUE KARATE — KIDS (MINI NINJAS, LITTLE DRAGONS, BIG DRAGONS)

- **White → Yellow:** basic stances, blocks and the first kata; bows, listens, lines up without being asked.
- **Yellow → Orange → Green:** combinations, front and roundhouse kicks, second kata, light partner drills.
- **Green → Blue → Purple:** sparring basics with control, third and fourth kata, helps younger students.
- **Purple → Brown:** full kata set for the rank, self-defense sets, consistent attendance across a season.
- **Brown → Black:** minimum age and time-in-grade apply; graded by the head instructor.

ISHIZUE KARATE — ADULTS AND TEENS

The same rank order with adult curriculum: kata, kumite, throws, joint locks and restraints from the Ishizue syllabus. Expect roughly a season between the early belts and longer as you go up.

BRAZILIAN JIU JITSU — KIDS (LITTLE AND BIG BULLDOGS)

- **White → Grey:** breakfalls, shrimping, mount and guard positions, tapping early and often.
- **Grey → Yellow → Orange → Green:** escapes from every major position, two submissions from guard and mount, positional sparring.
- Stripes are awarded between belts for attendance and attitude.

BRAZILIAN JIU JITSU — ADULTS AND TEENS (14+)

- **White → Blue:** fundamentals class attendance, escapes, guard passes, a handful of submissions

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- **Blue → Purple → Brown → Black:** awarded by our black belts on the mats over years, per IBJJF minimums for age and time in grade.

Exact technique lists per rank are handed out in class. Ask your coach for the current sheet for your belt.