

Paraestra Southampton

Brazilian Jiu Jitsu Ranking System

Juniors (ages 4 and above)

Rank Belt	Recommended Time in Rank	Minimum Recommended Age To Achieve Rank
White	12 months	
Grey/White	12 months	6 Years Old
Grey	12 months	
Grey/Black	12 months	
Yellow/White	12 months	7 Years Old
Yellow	12 months	
Yellow/Black	12 months	
Orange/White	12 months	10 Years Old
Orange	12 Months	
Orange/Black	12 Months	
Green/White	12 Months	13 Years Old
Green	12 Months	
Green/Black	12 Months	

Rank Progression

All students will begin at White Belt. After a minimum time in rank, members may be Graded by their Instructor. The time in rank will vary depending on class availability, members attendance and progression in skill level.

Colour Belt Stripes

All coloured belts have a black tab at one end that can hold up to 4 stripes. Although each club/Instructor will award stripes when the student is deemed ready, Paraestra Southampton believes this should be a highlighted occasion. Juniors Gradings occur every 3 months. Dedication, improvement, skill level and time training are all factors used to decide who promotes. The same factors are used for Adults, but stripes can be awarded whenever necessary. The average time is approx. 6 months per stripe. Junior stripe may have a branded band or different colour compared to the plain white stripes used for Adults.

Age & Rank Promotional Requirements

JUNIORS

For Juniors, there are minimum age for each rank but there is a recommended age for each change of colour. There are also recommended time in rank for each belt also, but this can vary from person to person.

Teens (ages 12 to 15)

Rank Belt	Recommended Time in Rank
White	12 months
Grey	12 months
Yellow	12 months
Orange	12 Months
Green	12 Months

TEENS

If aged 12 to 14 when starting at Paraestra Southampton, the student will progress through the Teen Ranks. A Grey Belt will be awarded as their first belt, then Yellow, then Orange, then Green. If aged 15 or over when starting, the student will progress within the Adult Grades but must remain as a White Belt for a minimum of 2 years.

JUNIOR/TEEN GRADES TRANSFERRING TO ADULT GRADES

If a Colour Belt* has been achieved in the Junior/Teen Ranks, they will promote to Blue Belt at the age of 16. *Grey Belts may need to be placed into the Adult Ranks a White Belt 4 stripe, if the Instructors deem it necessary. If a Green Belt is achieved, then a Purple Belt may be awarded at the discretion of the Senior Black Belt.

Turning 15:

White Belts that have been training between 1 and 2 years, will be translated into the adult grades as follows:

Jnr. White 4 stripe to Adt. White 2 stripe, Jnr. White 3 stripe to Adt. White 1 stripe.

Any grade lower than a Jnr. White 3 stripe, will wear a White Belt without stripes.

The exception to this is if the student is training up to 3 times a week and plans to continue to do so. They will then be awarded a Grey Belt at their next Grading. If they have progressed to a satisfactory level as they turn 16, they will be promoted to Blue Belt at the next Grading after their 16th birthday. If not, they will enter the Adult Grades as a White Belt with 4 stripes.

Belt Promotions

Belt Promotions are done during Grading Events. A Blue Belt Instructor can Grade Juniors up to Yellow/Black. From Orange/White to Green/Black, the Instructor must a Purple Belt or above. Blue Belt Promotions can only be awarded by a Brown Belt or above. Purple & Brown Belts may only be awarded by a Black Belt. (Note: colour belt promotions may occur prior to 4 stripes being awarded)

Black Belt Degrees

Black Belt Promotions can only be made by a Black Belt at least 1 Degree higher than the student.

Adults (age 15 and above)

Rank Belt	Minimum Time in Rank	Minimum Age To Achieve Rank
White	Recom. 2 Years	N/A
Blue	2 Years	16 Years Old
Purple	1.5 Years	16 Years Old
Brown	1 Year	18 Years Old
Black	3 Years	19 Years Old
Black - 1st Degree	3 Years	22 Years Old
Black - 2nd Degree	3 Years	25 Years Old
Black - 3rd Degree	5 Years	28 Years Old
Black - 4th Degree	5 Years	33 Years Old
Black - 5th Degree	5 Years	38 Years Old
Black - 6th Degree	7 Years	43 Years Old
Red/Black - 7th Degree	7 Years	50 Years Old
Red/White - 8th Degree	10 Years	57 Years Old
Red - 9th Degree	Highest Rank	67 Years Old