










**Junior rash guard colours
(under 16)**

White From age 4	
White-Yellow From age 5	
Yellow From age 6	
White-Orange From age 7	
Yellow-Orange From age 8	
Orange From age 9	
White-Green From age 10	
Yellow-Green From age 11	
Orange-Green From age 12	

Sensei Grading system:

Dinkies age 4-7 years:

Between each colour will be three medals bronze, silver, gold. Each full colour will take 1 year to attain with medals given at 3 month intervals. This system will focus on achieving basic technique and will lean heavily on things such as concentration / listening / respect / behaviour and attendance.

White rash guard - start

Bronze Medal at 3 months –

- Stance / guard
- Can make a fist properly
- Can show which part of the foot should be used for a front kick with the back leg.
- Jab / cross
- Front kick
- Listens well / concentrates in class
- Has some understanding of mount and side control.
- Attends classes at least twice per week. If not, then medals will take twice as long to attain if the criteria can still be met.

Silver medal at 6 months

- As above but with addition of some awareness of distance
- Hook punch front hand
- Can show which part of the foot should be used for a roundhouse kick.
- Roundhouse kick back leg
- Participates in all games
- Can get into mount, side control, guard, north south, take the back.
- Can show gable grip.
- Can name the basic controlling positions.

Gold medal at 9 months

- Hook punch back hand
- Can do a ten press ups well.
- Can use mount and side control on a bag or person with good pressure.
- Is now fully engaged and understands the principles learnt over the last year.
- Reports by the parents that children are practicing techniques at home.
- Reports that child is working on listening skills at home. If at school, the child is improving in school and has been respectful to elders.

White and Yellow Rash guard – awarded at 1 year –

For full colour recognition the child must demonstrate all previous grading criteria learned to a high standard under test conditions.

Bronze Medal at 3 months

- Understands basic principles of respect to others and anti-bullying behaviours.
- Can manage switch kicks and jumping front kick.
- Continues to attend classes on at least 2 sessions per week.
- Uppercut
- Side kick
- Kamura grip

Silver medal at 6 months

- Can manage basic combinations of punches and kicks both on the bags and pads to a reasonable standard.
- Can demonstrate taking the back and North /South with a strong and controlling grip alongside all previous positions.
- Can hold knee on belly.

Gold medal at 9 months

- Shows determination to succeed and do well.
- Works well as a team or individually in class.
- Can use Front and back Knee techniques on pads.
- Can do a single and double leg take down on another child in a controlled and safe manner and progress to a controlling position.

Yellow rash guard – awarded at 2 years

For full colour recognition the child must demonstrate all previous grading criteria learned to a high standard under test conditions.

Bronze Medal at 3 months

- Can follow instruction of combinations that include punches / kicks and knees.
- Can manage forward rolls independently
- Can create a kick / punch combination independently and demonstrate

Silver medal at 6 months

- Can offer suggestions about general health principles i.e why exercise is good for us.
- Can discuss healthy eating habits such as 5 a day
- Understands why we need to warm up before class
- Can demonstrate all previous techniques at a much higher standard.
- Incorporates a takedown into a punch kick combo.

Gold medal at 9 months

- Can now manage jab / cross /fh hook / bh hook / fh uppercut / bh uppercut
- Can now manage fl front kick / bl front kick / fl round house / bl round house/ fl sidekick / bl sidekick
- Can now manage to demonstrate all controlling grappling positions well
- Can now demonstrate fl knee / bl knee
- Uses effective ground and pound on ten bag from a dominating position.

Orange and white rash guard – awarded at 3 years.

Can do all of the previous techniques but drilled on hand pads – willing to work past the point of being tired and continue to pay attention / does not give up.

This system ensures that a child starting at 4 years of age can constantly have something to strive for throughout their time in the dinky dojo.

Sensei Grading system:

Juniors age 7-14 years:

Between each colour will be three medals: bronze, silver, gold. Each full colour will take 1 year to attain with medals given at 3 month intervals. If children have not attended Dinky Dojo they will start at white rash guard. If they have attended Dinky Dojo they will go from their highest ranking belt to the next colour in the junior series. There will be repetition between Dinky Dojo and Junior grading but the standard is expected to be much higher.

White rash guard as a new starter or if coming up from Dinky Dojo the highest rank achieved. They will then follow the colour scheme of the junior classes as listed below.

Bronze Medal at 3 months –

- Stance / guard
- Can make a fist properly
- Can show which part of the foot should be used for a front kick with the back leg.
- Jab / cross
- Front kick bl
- Listens well / concentrates in class
- Attends classes at least twice per week. If not, then medals will take twice as long to attain if the criteria can still be met.

Silver medal at 6 months

- As above but with addition of some awareness of distance
- Hook punch front hand and back hand

- Roundhouse kick back leg
- Participates in all games
- Can get into mount and side control
- Can show gable grip.
- Can demonstrate all of the fundamental jiu-jitsu positions
- Can demonstrate at least one sweep to a controlling position.

Gold medal at 9 months

- Uppercut punch front hand and back hand maintaining good stance, balance and guard throughout.
- Can do a ten press ups well
- Can do ten sit ups properly
- Can do mountain steppers
- Can do single leg balance for one minute on either leg
- Can use mount and side control on a bag or person with good pressure.
- Is now fully engaged and understands the principles learnt over the last year.
- Reports by the parents that children are practicing techniques at home.
- Reports that child is working on listening skills at home. If at school, the child is improving in school and has been respectful to elders.
- Kimura and gable grip is involved in grappling.
- Can achieve an arm bar from mount.
- On completion of grading will be allowed to spar in the classes.

Orange and yellow rash guard at 1 year.

Can do all of the previous techniques but drilled on hand/kick pads – willing to work past the point of being tired and continue to pay attention / does not give up or complain. Can manage to grapple with other children actively looking for point scoring positions. On completion will be offered the chance to take part in competition. This is not mandatory.

Bronze Medal at 3 months

- Offers good insight into healthy life choices, benefits of healthy eating and exercise. Is aware of anti – bullying behaviours. Has increased self-confidence and feels would know what to do if being bullied. Actively promote anti-bullying behaviours and respect for elders and others.
- Can manage switch kicks and jumping front kick.
- Can manage an arm bar from mount or side control.
- Can hold pads effectively for their partner.

Silver medal at 6 months

- Demonstrates all basic punches and kicks with partner on hand pads or kick pads. Is equally adept at holding pads as they are at striking them.
- Can skip for 2 minutes without stopping.

- Can do Squats / lunges / ski sit and bear crawl.
- Can shadow box using the full floor space and effective footwork and incorporates kicks / knees and punches as well as sprawl
- Can manage a single and double leg take down and get to a controlling position.
- Can manage an arm bar from mount and side control.

Gold medal at 9 months

- Is able to non-contact shadow spar with a partner incorporating good footwork, kicks, knees, punches.
- Can demonstrate 4 x takedowns on a partner
- Understands grappling and cage control in the cage and how to effectively use the cage as a tool.

Orange rash guard at 2 years.

Can do all of the previous techniques – willing to work past the point of being tired and continue to pay attention / does not give up or complain. Can manage to grapple with other children actively looking for point scoring positions.

Bronze Medal at 3 months

- Incorporates leg kicking techniques in to light sparring drills.
- Uses clinch work in standing.
- Can catch a kick and sweep from standing.
- Can spar with instructor in the cage using full MMA skills (Instructor will not fight back but will push the child to work hard)

Silver medal at 6 months

- Can demonstrate sweeps from guard and mount
- Can break open guard and pass to a dominant position
- Can take a partner down against the cage and finish in dominant position.
- Can manage an arm bar from their back /mount / side control. The child should be aware that these techniques are reserved exclusively for during the class and should be abandoned before a tap.
- Can give an example of helping three people since their last grading that did not directly benefit them.

Gold medal at 9 months

- Is now highly proficient at both striking and defending / checking leg kicks both inside and out.
- Can complete difficult punch / kick combinations on the pads whilst maintain good stance / guard and distance.
- Can complete a circuit class involving callisthenic exercises and bag work.
- Can prove that they are behaving well at home and school.
- Can pull guard

- Can manage kimura and Americana locks but is aware that techniques are reserved solely for use in class and should be stopped before a tap.

White and Green at 3 years.

Can do all of the previous techniques and will be tested on things from as far back as white belt. Willing to work past the point of being tired and continue to pay attention / does not give up or complain. Can manage to grapple with other children actively looking for point scoring positions and arm bar submissions.

Bronze Medal at 3 months

- Has some anatomical knowledge of the body parts and can name main muscle groups. Is aware of the cardiac and respiratory systems and their function during exercise.
- Is developing a deeper understanding of self and becoming more confident in their skills.
- Can pin an opponent and intelligently avoid sweeps in live grappling matches.
- Actively looks for arm bars and shoulder locks during grappling and can apply in a controlled manner. Excessive force will result in a failed grading. We aim to have full control when applying submissions.

Silver medal at 6 months

- Takes an active interest in helping and teaching others in the class especially younger and less experienced children
- Can hold Thai pads / Kick shields / hand pads.
- Uses good footwork with all bags and pads.
- Can spar with other children in a controlled manner using full body / head / leg protection.

Gold medal at 9 months

- Can spar with other children and manage 3 x 1 minute rounds stand up then 3 x 1 minute rounds of grappling.
- Can actively use cage work / sprawl and take down defence in live situations.

Green and Yellow at 4 years.

Can do all of the previous techniques and will be tested on things from as far back as white belt. Willing to work past the point of being tired and continue to pay attention / does not give up or complain. Focus is now more heavily based on real life technical stand up sparring and live grappling drills with other children. Ideally the child will have started doing No Gi / BJJ or wrestling competitions.

Bronze Medal at 3 months

- Continues to improve in all areas.
- Sparring rounds now are done with a fresh opponent 4 x 1 minute rounds stand up and 4 x 1-minute round grappling

Silver medal at 6 months

- Sparring rounds are now done over 3 x 2 minute rounds stand up and 3 x 2 minute rounds grappling (same opponent stand up / different grappling). 1-and-a-half-minute rest between rounds.

Gold medal at 9 months

- Sparring rounds are now done 3 x 2 minute rounds stand up and 3 x 2 minute rounds grappling with a fresh opponent. 1-minute rest between rounds.

Orange and Green at 5 years

Sparring rounds are now done 4 x 2 minute rounds with one-minute rest between rounds. They will then do 1 x 4-minute round grappling nonstop. The child will have done at least two NO GI, jiu-jitsu or wrestling competitions over the course of the last year.

Bronze Medal at 3 months

- Has completed 2 x competitions within a three-month period.
- Tested on any mixture of previous techniques.

Silver medal at 6 months

- Has competed in 4 x competitions within the last 6-month period.
- Tested on any mixture of previous techniques.

Gold medal at 9 months – This is the earliest that chokes will be taught to children and should not be before the age of 12 years as a minimum and then only if the child is deemed sensible and responsible enough to be taught them.

- Jiu jitsu flow drills such as this <https://www.youtube.com/watch?v=x5oSX1mfvA0>
- Linking submissions 10 x in one minute
- Darce take down to choke
- Triangle choke from their back
- Arm bar to triangle choke from mount / side control.
- Shows extremely high levels of skill / proficiency and tenacity with striking.

Green at 7 years.

Green belt grading will be the hardest grading so far and will take an hour and a half to complete. It can incorporate any previous techniques / sparring etc. The child will be expected complete anything asked to a high standard.

Green belt is the highest achievement available to children under 16 and can be reached as early as 14. Once they reach the age of 16 they will be moved across to the rank of blue belt, either by trial or by reward dependant on the student's ability and the length of time at green belt.