







**Adult belt colours
(16 and older)**

White	
Blue	
Purple	
Brown	

**Black belt degrees
(18 and older)**

Black 0–6	
Coral 7	
Coral 8	
Red 9–10	

Sensei Grading system:

Adults age 16 years and over:

Between each colour will be three medals bronze, silver, gold. Each full colour will take approximately 2 years to attain with medals given at 6 month intervals. A student cannot attain the rank of black belt until they reach 21 years of age.

Grading`s will be marked on:

Fitness, Power, Speed, Accuracy, Technique application Effort & Attitude. To clarify understanding of techniques and understanding of application students may be asked questions by members of the grading panel.

White rash guard if new starter. Blue rash guard if moving up from Green in the Junior classes and deemed competent enough for that grade. If moving up from Juniors without a green belt they will remain at their highest rank until a blue belt is achieved which can take up to two years.

Bronze Medal at 6 months

- Completes a fitness circuit class
- Stance / guard / some understanding of distance.
- Can make a fist properly
- Can show which part of the foot should be used for a front kick and roundhouse kick.
- Jab / cross / hook / uppercut whilst maintaining stance.
- Front kick bl / front kick fl / roundhouse kick back leg.
- Aware of mount / side control / NS / taking the back / and can demonstrate these positions
- can manage swimming and drills into take down and getting around the back.
- Can manage shrimping / bear crawl / forward rolls / breakfalls.
- 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.
- Has good technique holding and attacking the pads.

Silver medal at 12 months

- Writes a two-page essay on their goals, aspirations and beliefs about martial arts and their journey so far and where they hope it will take them.
- Completes a fitness test.
- Good use of gable grip and Kamura grip when using holding positions.
- Can demonstrate at least one sweep from a grappling position.
- Can demonstrate at least one single leg and one double leg take down.
- Can effectively sprawl to avoid takedowns.

- Can pass guard.
- Can demonstrate an arm bar from mount and side control.
- Can demonstrate 2 x shoulder locks.
- Can demonstrate a choke from mount and guard.
- Can shadow spar effectively.
- Can flow grapple.
- Can effectively use all straight punches / hooks / uppercuts on pads and bags
- Can effectively roundhouse / front kick / side kick (front and back leg)
- Uses elbows and knees in combinations effectively.
- Has good awareness of ground and pound and uses elbows / hammerfists / punches / knees and positional changes on the bags.

Gold medal at 18 months

- Completes a fitness test.
- Will be tested on any previous criteria.
- Can manage clinch work from a Thai clinch and incorporates knees and elbows from Thai plumb.
- Uses Thai clinch for sweeping opponent in standing.
- Uses the cage for setting up takedowns and strikes.
- Can demonstrate at least 2 x takedowns from the cage.
- Uses Thai leg kicks and blocks well within MMA sparring.
- Can manage 3 x 2 minute stand up rounds with fresh opponent
- Can manage 3 x 3-minute grappling rounds with fresh opponent.

Blue 2 years – Any mixture of previous criteria and has competed in at least 1 grappling competition in the last year. Can manage 4 x 3 minute rounds of MMA sparring.

Bronze Medal at 6 months

- Completes a fitness test.
- Can demonstrate 10 submissions which flow from one to the next seamlessly.
- Can demonstrate several single and double leg takedowns
- Can demonstrate body lock take downs from the cage, from the opponents back and side in standing.
- Has full repertoire of basic punches, kicks, elbows and knees.
- Puts kick / punch / elbow / knee combinations together seamlessly on pads and bags.
- Is as adept at holding pads as they are at striking them.
- Since achieving blue colour recognition is actively trying to help team mates progress.
- Aware of the difference between sport and street based martial arts and is adept at using the fence, mental toughness and hit fast / first and hard mentality.

- Feels confident in talking a fight down and if not possible confident to attack first.

Silver medal at 12 months

- Uses Judo shoulder throws effectively on both sides.
- Has competed in at least one further grappling competition since achieving blue belt.
- Can demonstrate multiple arm bars / shoulder locks / chokes from all positions. Is now considered a competent grappler.
- Uses head and shoulder pressure in clinch work and when on the ground.
- Has improved attack and defence against the cage. Can get back to the feet quickly when taken down against the cage.
- Has a good repertoire of submissions from turtle position.
- Uses excellent positional and weight control in top position when grappling.
- Uses other entries into takedowns such as Russian two on one / arm drags etc.
- Striking is sharp / crisp and without hesitation. Timing and distance are well understood.
- Striking is now effectively timed when counter punching, participant uses feints, slips, ducks, turns and evasive footwork.

Gold medal at 18 months

- Can be tested on any previous criteria but at this stage more than any there is an emphasis on helping team mates. Especially those who are preparing for fights. This will mean going above and beyond in extra training / sparring / cornering duties etc.
- Can always find another option for a submission i.e. if misses the triangle can transition to armbar etc. Will be tested in various positions and expected to demonstrate multiple transitions to new submissions. Unlike previous gradings this is not just about knowing the submissions but about being able to flow between them.
- Uses body lift takedowns effectively from various positions.
- Understands sparring well and looking after their training partners during sparring sessions.
- Can manage 3 x 2 minute rounds sparring in stand up
- Can manage 3 x 5 minute rounds grappling
- Can manage 2 x 3 minute rounds MMA sparring. A new opponent will be given for each discipline.

Purple – 4 years. This grading will be a fitness test. It will then incorporate shark tanking. MMA stand up 5 x 2 minute rounds with a new opponent each time. Then 4 x 5 minute rounds grappling with a fresh opponent every 2.5 minutes. There will be 1-minute rest between rounds.

Bronze Medal at 6 months

- For those wanting to fight they will complete an eight-week training camp and fight. Bronze medal will be awarded.

- For those who aren't going to fight, they must have travelled to three different gyms arranged by Sensei coaches to spar and train against different opponents.
- If the participant is not going to fight they must still go through an 8-week training camp as if they were fighting which will also include making a set weight limit suitable for their frame.
- Can be tested on any previous criteria.

Silver medal at 12 months

- The student has shown an interest in teaching and helping team mates.
- May have taken on cornering duties / classes / seminars.
- Has set up a fitness circuit and delivered it to the class.
- Has achieved a fitness challenge outside of MMA that has tested them mentally and Physically (i.e. a marathon / tough mudder etc.)
- Can be tested on any previous criteria.
- Understands how to use martial arts both inside the cage and in street situations.

Gold medal at 18 months

- If competing in fights is doing well / winning regularly.
- If competing in fights has achieved a title and defended it.
- If not competing in fights is continually trying to push themselves in other areas of Physical / mental challenges.
- Is a student of all martial arts – aware of martial arts history and different styles.
- Actively tries to bring the best elements of various martial arts their game and incorporate new techniques not shown by their coaches.
- Can be tested on any previous criteria.

Brown – 6 years

Bronze Medal at 6 months

- Is competent when instructing both striking and grappling Arts
- Has a wide range of stand up strikes including spin kicks, switch kicks, axe kicks, side-kicks, jumping kicks.
- Has a wide range of punches including spinning attacks and jumping attacks.
- Has excellent balance and also works on flexibility and strength.
- Is aware of the benefits of cross training and has an understanding of basic anatomy including the cardiac and respiratory systems.
- Shark tank of undetermined length and fighting styles.
- Cardio vascular training
- Shows excellent wrestling and Jiu-jitsu skills. Multiple submissions from any scenario.
- Controls and dominates when in top position. Has excellent awareness of ground and pound positions and striking.

Silver medal at 12 months

- Continues to compete in grappling, stand up or MMA competition.
- Has overcome adversity / injury and learned the value of training sensibly and resting when needing to.
- Does not give in.
- Is becoming a well-rounded martial artist that has developed their own style and character. Has taken what has been taught and adapted it to make it their own.
- Shark tanking of undisclosed times / styles / opponents.
- For this grading the student will not be told they are grading but will be surprised and expected to complete it without practice/ warning.

Gold medal at 18 months

- I will give the student their Essay back which was written in the first year of training and ask for an essay of at least two pages about what gaining a black belt will mean to them. It should also include what their plans for their future journey in martial arts will hold and what they hope to achieve.
- Competition or training abroad with the club.

Black – 8 years – This grading will be informal and completed over a one-month period within normal classes. The student will be pushed and closely scrutinised within every aspect of their skill set and commitment to training. Eventually the belt will be given on merit.