

KID'S BELT SYSTEM



WHITE BELT: OPEN TO ALL AGES

18 months (144 classes) to complete the White Belt Program

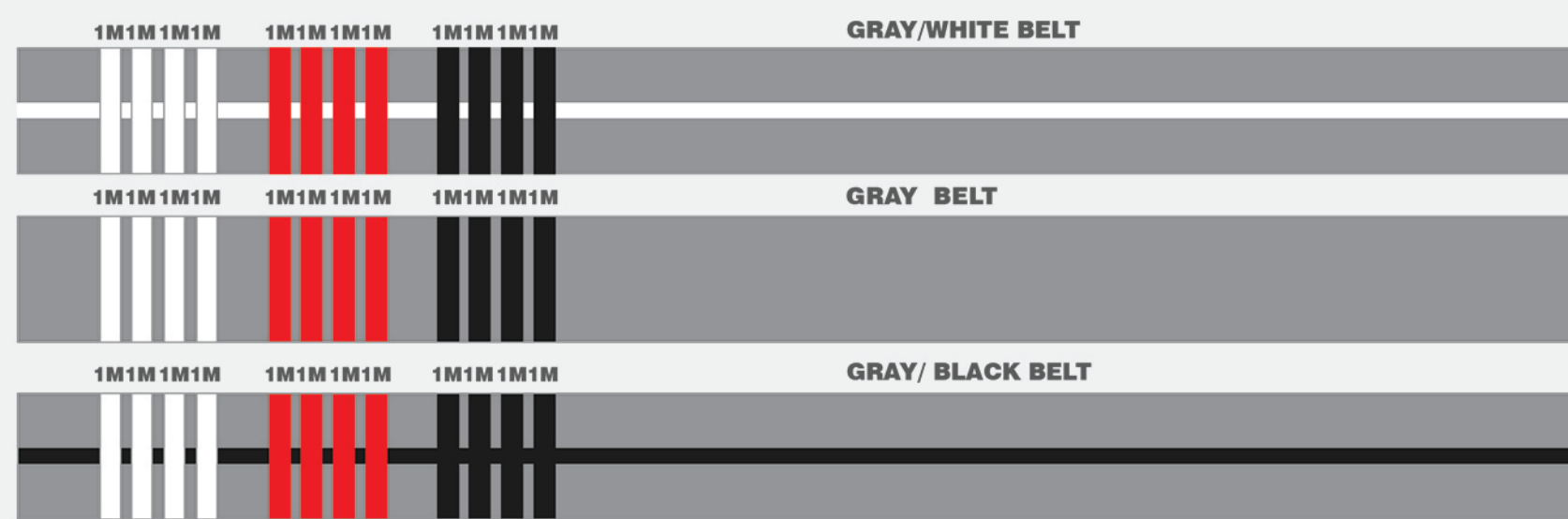
There are 5 white belts

- ✓ plain white, white with a yellow stripe, white with a red stripe, etc.

To progress from one white belt to the next white belt you must:

- ✓ Attend at least 8 classes in a month to earn your first stripe
- ✓ Attend at least 8 more classes in a different month to earn your second stripe
- ✓ Attend at least 8 more classes in a different month to move to the next white belt

When your child receives a white belt with a yellow stripe they are eligible to join our advanced program – the Black Belt Club!



GREY BELT: OPEN TO ALL AGES

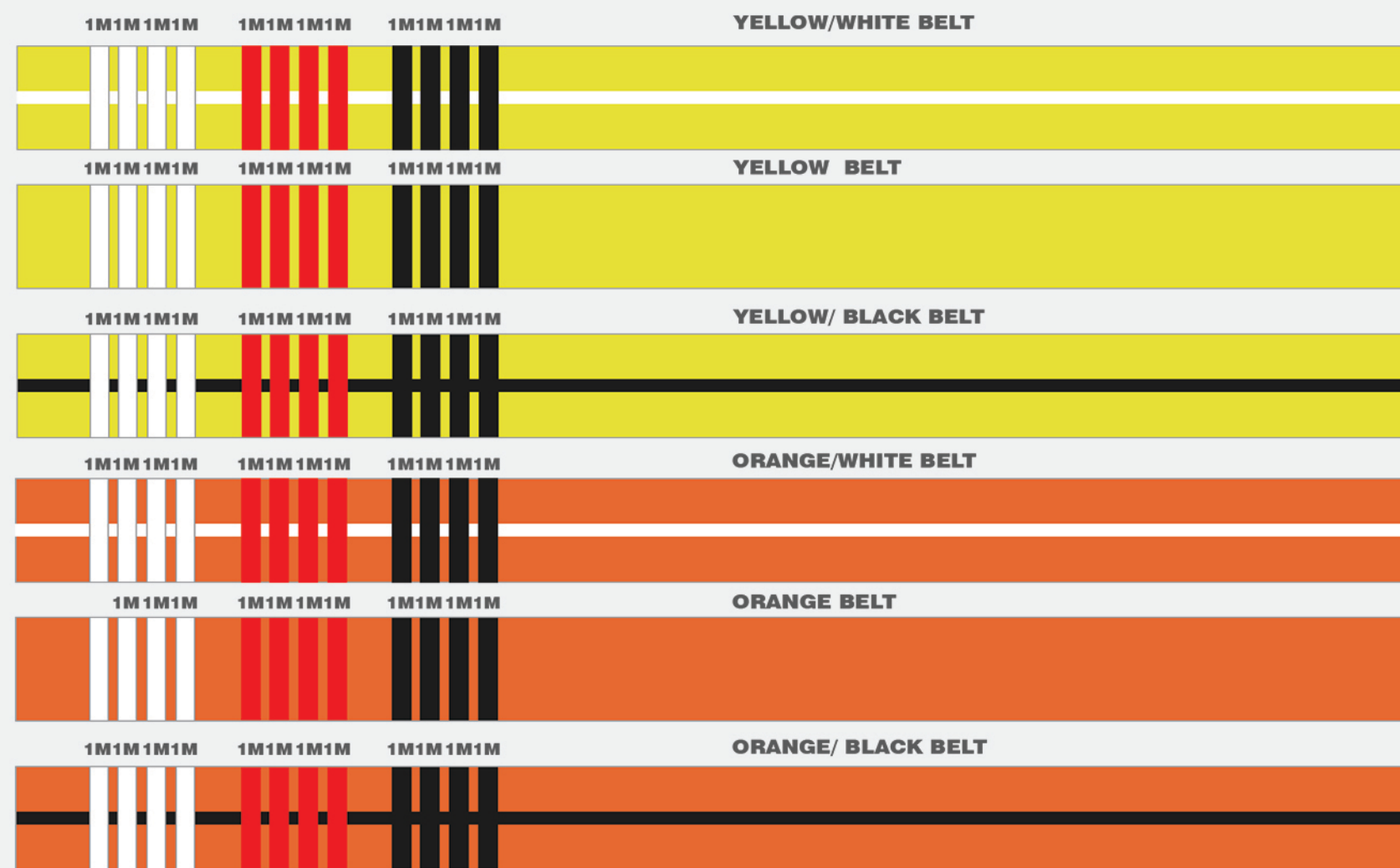
3 years to complete the Grey Belt Program (104 classes for each grey belt)

There are 3 grey belts

- ✓ Each belt has 12 stripes

To progress from one grey belt to the next grey belt you must:

- ✓ Attend at least 8 classes in a month to earn your first stripe
- ✓ Attend at least 8 more classes in a different month to earn your second stripe, and so on



YELLOW BELT: AT LEAST 7 YEARS OLD ORANGE BELT: AT LEAST 10 YEARS OLD

3 years to complete the Yellow and Orange Belt Programs (130 classes for each belt)

There are 3 yellow belts and 3 orange belts

- ✓ Each belt has 12 stripes

To progress from one belt to the next belt you must:

- ✓ Attend at least 10 classes in a month to earn your first stripe
- ✓ Attend at least 10 more classes in a different month to earn your second stripe, and so on



GREEN BELT: AT LEAST 13 YEARS OLD

3 years to complete the Green Belt Program (156 classes for each belt)

There are 3 green belts

- ✓ Each belt has 12 stripes

To progress from one belt to the next belt you must:

- ✓ Attend at least 12 classes in a month to earn your first stripe
- ✓ Attend at least 12 more classes in a different month to earn your second stripe
- ✓ Attend at least 1 more classes in a different month to move to the next belt

ACHIEVEMENT STRIPES

- FOCUS : ATTENTION, CONCENTRATION
- DISCIPLINE : SELF-CONTROL, FOLLOWING RULES
- TEAM WORK : ALL FOR ONE, CO-OPERATION
- TECHNIQUE : PRECISION, SMOOTHNESS
- HYGIENE : CLEAN GI, NAILS
- SCHOOL: HOMEWORK, GRADES

EARN 1 ACHIEVEMENT STRIPE EVERY MONTH

ACHIEVEMENT STARS

- 20 CLASSES
- 5 YELLOW STARS EARNS A BLACK STAR!

EARN A YELLOW STAR EVERY 20 CLASSES, AND A BLACK STAR FOR EVERY 5 YELLOW STARS