



Kids Brazilian Jiu Jitsu Curriculum

Students are awarded stripes based on attendance. Every 20 days of training students in our kids program receive a stripe. Upon completion of the required minimum number of attendances, they are eligible to be promoted to their next belt level.

White Belt (0 to 4 stripes)

At this belt level, students will learn the basics of body movement both when standing and when on the ground. We introduce to them the concept of positional strategy. A number of more commonly faced self defence scenarios are taught, for example escape from headlocks and hair grabs. Sparring is introduced. Submissions are introduced but the main priority is on understanding position so in most cases, white belts spar but without submissions.

Grey Belt (0 to 4 Stripes)

At this stage, the techniques taught will advance on the basic fundamentals taught at white belt. There is more emphasis on transitions from one position to another and we begin to look at submissions in closer detail. Work on standing and ground based self defence scenarios continues as well as sparring. Sparring from set positions and sparring with specific submissions are also taught.

Yellow Belt (0 to 4 Stripes)

At yellow level, students expected to have a good understanding and be able to apply core basic techniques. They will be able to apply them when sparring and begin to utilise game plan, strategy and tactics for sport jiu jitsu. There is more training on advanced guard and guard passing systems, submissions, transitions and other more advanced aspects as well as a continued study of self defensive scenarios.



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Orange Belt (0 to 4 Stripes) and Green Belt (0 to 4 Stripes)

Students who reach orange belt will more than likely be old enough to join the adults class (13-14 years old). They will therefore follow the adult syllabus, with the exception of using techniques that are banned for under 16's by the IBJJF system.

Transition to Adult Belt System

There is no recognised grade of BJJ black belt for juniors. At the age of 16, junior students move on to adult belt system. In general, a student who has trained regularly for several years and is at least an orange belt, will be promoted to blue belt on the year of their 16th birthday. They are eligible to compete in juvenile blue belt categories, but not full adult divisions until they are 18.