BLUE BELT

NAME: _____

START DATE : _____GRADING DATE :_____

MINIMUM 30 REGULAR CLASSES (please get signed at each class)

GREEN BELT + CLASSES

SERVICE: ADULTS/CHILDREN CLASSES OR GRADINGS

Multiple Defence 6.

Self Defence

1. Lapel Grabs
2. Bear Hugs

Ground Defence 6

1. Submissions from GP 1

SPARRING CLASSES (Optional refer Note 1)

(Note 1 – Sparring is optional, not compulsory, however highly recommended for preparation for senior belt grade tests)

Grading Requirements

- All boxes signed (optional for sparring)
- Self Defence and Multiple Defence 1 -6
- Ground Defence

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