



Leicester Ju Jitsu

Grading Guidelines

Aiming for EXCELLENCE...

In order to encourage, commitment, quality and excellence within in our students, Leicester Ju Jitsu and their coaches will help you to work towards each of your grades using the following guidelines. Leicester Ju Jitsu would like to see all their students, **junior and senior achieve black belt grade and beyond**, which is possible to do, with effort put in by both student and coach. Leicester Ju Jitsu will provide suitable grading facilities every three months at which students will have the opportunity to attend. A visiting coach from within the midlands area will be invited to this session to assess the student at the grade they wish to achieve.

For a student to be eligible to attend a grading they must;

1. Attend **8 training sessions punctually** within a 12 week period between grades. This should be increased to at least 16 sessions when you have reached the grade of Purple belt and higher.
2. Demonstrate to your club coach over your training sessions that you have mastered the techniques of the grade that you are aiming for.
3. Ensure that your annual insurance is up to date before a grading.
4. Let your club know 4 weeks in advance that you will be taking your grade and make the necessary payments required.
5. Attend the grading on time, be attired appropriately with a clean Gi, belt and have the correct number of badges sewn on to your gi.

Your Club Coach;

1. Will be aware of the next grading that you are working towards and instruct you accordingly.
2. Will be assessing you at each training session to ensure that you can achieve your next grade.
3. Will inform you when your annual insurance is due for renewal
4. Will inform you 4 weeks in advance of a grading whether you are eligible to attend.
5. Encourage and coach you in the final 4 weeks leading up to the grade to ensure that you pass with Credits or better still Honours.
6. Will make available to you the necessary badges for your gi as you progress through the grades.



Order of Gradings

1. White Belt
2. Red Belt
3. Yellow Belt
4. Kata 1
5. Orange Belt
6. Green Belt
7. Kata 2
8. Blue and White Belt
9. Blue Belt
10. Kata 3
11. Purple Belt
12. Brown and White Belt
13. Kata 4
14. Brown Belt
15. Black Belt - 1st Dan - (Shodan)

Seniors Can Progress as Follows;

16. Kata 5
17. Kata 6
18. Kata 7
19. Kata 8
20. Black Belt - 2nd Dan - (Nidan)
21. Kata 9
22. Kata 10
23. Kata 11
24. Kata 12
25. Black Belt - 3rd Dan - (Sandan)
26. Kata 13
27. Kata 14

It is also required that in the process of your training and working towards your black belt that you attend 4 external courses. Leicester ju jitsu will endeavour to offer these courses at one of our clubs, or provide you with details of courses available within the WJF.

