









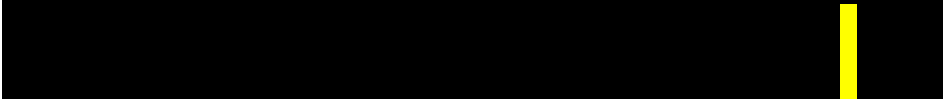


Innocence & Purity	White No Kyu
ORANGE - Stability	
	Orange 10 th Kyu
	Orange Senior 9 th Kyu
BLUE - Fluidity & Adaptability	
	Blue 8 th Kyu
	Blue Senior 7 th Kyu
YELLOW - Assertion	
	Yellow 6 th Kyu
	Yellow Senior 5 th Kyu
GREEN - Emotion & Sensitivity	
	Green 4 th Kyu
	Green Senior 3 rd Kyu
BROWN - Practical & Creative	
	Brown 2 nd Kyu
	Brown Senior 1 st Kyu
BLACK - Achievement & Understanding "The Beginning" of a new journey!	
	Black Belt Shodan

What is a black belt? A white belt that never gave up! 😊

The coloured belt system in martial arts is a relatively new concept starting early last century. Originally there was only black and white. Legend has it that the white belt eventually turned black from hard training and years of wearing, tradition dictates that the belt (Obi), should never be washed as it signifies our spirit and holds all the Blood (figuratively speaking 😊), sweat and tears from your commitment to hard training, although your Gi (karate uniform) must always be pristine and fresh for each lesson.

These days we have a more decorative way of showing our commitment to training and displaying our knowledge thus using coloured belts to reward varying levels of expertise and having gradings or belt tests to earn your next belt and progress on their Martial Arts Journey and start a pathway to Black Belt.

Meaning of Grading: An opportunity for the student to display a succession of techniques and other commands that has been demonstrated and practiced in class.

After a successful grading the student is awarded an official belt & certificate.

Martial Arts is a goal based system and will be the start of a realization hard work and a never give up mindset will be rewarded and recognized.

Without being tested it can be hard to know your worth and strive to be better.

Trifu Dojo will always make your child feel good about themselves so no need to fear the child may not cope well with a bad grading. The instructor will give the students the opportunity to show they have improved their focus and abilities since having started the program.

FAQ

Q. How will I know when my child can grade?

- Your instructor will let you know. The formula depends on preparation & readiness.

Q. If my child gets the jitters on the day will they fail the grading?

- Your instructor knows what your child is capable of from watching them in class so the instructor already has a good idea how to bring out the best of the student.

Q. If my child passes when does he/she receive the belt?

- The following week☺. The student must attend the same class time in which they graded to receive the results and the belt. If you are unable to attend that class the presentation may be delayed.

Q. What does the grading fee cover?

- The fee is for the test itself and the grading process. By paying the fee that does not mean you are paying for a belt. We do not sell belts. There needs to be a test and a formal grading process to follow. Grading fees in art are passed on to the National organization.

Q. Must my child grade?

- No student is obliged to grade. If you decide not to grade please speak to your child about it and make sure that he/she knows it is not because you don't have faith in their abilities and explain your decision. Grading is a feel good time so we need the parents input to be positive.

Q. My child does not know their Kata should I hold them back?

- We have seen a child outperform others on a grading day when usually that same child may seem completely disengaged. However, also know that prior to a grading is the optimal time for your child to take it seriously so try and help your child or suggest they spend sometime doing practice at home.

Q. Do you do seminars or private lessons to assist my child in any problem areas?

- Yes. There are often seminars prior to grading, to assist with common issues and we can always make time for private tuition. Sometimes that's all it takes to get over a small hurdle and many children benefit from private tuition and targeted group tuition such as seminars.

Q. How regular are the gradings?

- Lower belts can grade more regularly. A higher standard is required from our higher belts so they don't grade as regularly as the juniors. Advancement is the key to keeping the junior belts engaged and excited.

Q. Is there anything I can do to help my child succeed in his/her grading?

- Just support them, the parent does plenty just being the cheer squad, taxi service and financier. the rest is up to them. Tournaments and seminars do show extra effort and therefor hold extra points towards gradings. Tournaments etc. can be an accelerator for the child to excel.