



# Kids program & grading

## Kids Program

The Academy Jiu-Jitsu kids program, consists of the 'Cubs' (Ages 5-8) and 'Lions' (Ages 9-12).

The kids program comprises of a series of techniques, exercises and games that incorporate fundamental self-defence techniques.

Our coaching philosophy is based upon positive reinforcement and support, with a view to imbue our students with the principles and concepts that make Brazilian jiu-jitsu an effective martial art. Whereas we often teach techniques and ideas related to the sporting and competitive aspects of jiu-jitsu, the self-defence foundations of our chosen art are paramount.

Win or lose, we aim to help our students foster resilience and reinforce the values of sustained effort, patience, and respect.

Due to the intense focus required for martial arts practice, we do not allow spectators during kid's classes.

## Gradings and Belt promotions.

Part of a student's Jiu-Jitsu journey includes belt and stripe promotion.

At Academy, the criteria each student must satisfy (which we base promotions upon) are as follows:

1. Students must attend a minimum of twenty (20) classes;
2. Students must attend class with a clean and complete uniform;
3. Students must pay attention and participate during the class;
4. Students must listen to instructions and respect fellow students;
5. Students must display general good behaviour.

Once the above criteria are satisfied, promotion is then at the instructor's discretion as to the date of promotion.

To be promoted to a new belt, each student must have four (4) stripes on their belt and have a grasp on the necessary syllabus content.

If you have any questions, please do not hesitate to contact a member of the Academy staff.