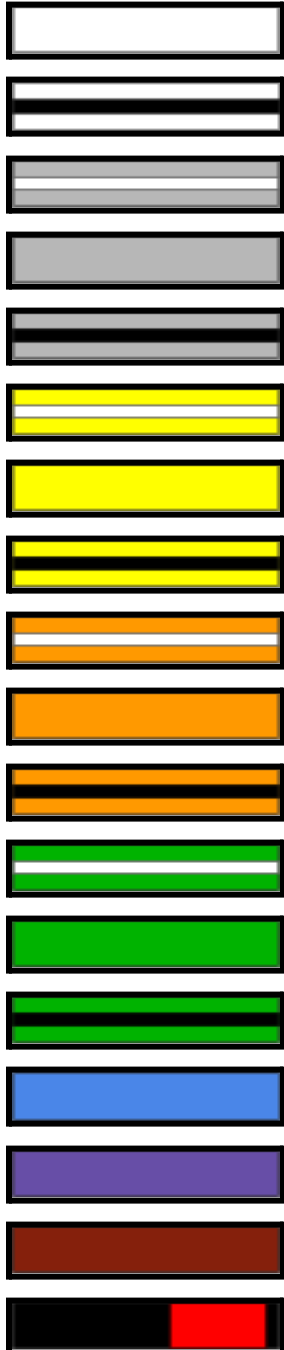




## All Rise Martial Arts Brazilian Jiu-Jitsu Belt Progression

Children advance through the Junior Belt ranks below. Once they turn 16, students may advance to Blue Belt or even directly to Purple Belt.

Teens 16+ and Adults progress through the Color Belt ranks below. Progression between each rank takes several years.



Each Color Belt rank has a unique curriculum that is divided into four White Stripes. These curriculum stripes represent the following areas of focus:

- Philosophy & Leadership
- Fitness
- Takedowns
- Sweeps
- Submissions
- Transitions/Escapes
- Anti-Bullying/Self-Defense
- Home/School Behavior

White Curriculum Stripes

