



Belt Promotion Policy

This policy's purpose is to outline the minimum requirements and general guidelines that 150 Grappling coaches will follow when it comes to administering belt promotions.

A belt is nothing but a piece of fabric, and it is important to recognize this. The belt does not and should not define a person. A rank in jiu-jitsu is earned by time spent on the mat (time in service) and by demonstrated proficiency (the ability to recall criteria and perform within criteria). While propriety may call for higher ranks to receive a higher level of initial respect, rank does not trump character and behavior. In the 150 Grappling system, each individual will be treated with the level of respect warranted by their actions.

At 150 Grappling, the belt system is modeled off of the [International Brazilian Jiu-Jitsu Federation's \(IBJJF\) graduation system](#) with some exceptions. For children (15 years of age and under), there are 13 significant ranks; and for adults (16 years of age and above), there are 5 significant ranks. Degrees—or stripes—are often part of the promotion systems. In a traditional sense, each belt with the exception of black belt will obtain 4 degrees as a prerequisite to obtaining the next rank. There will be no use of stripes under the 150 Grappling promotion system, with the exception of white and black belts. The use of stripes can be awkward and create false expectations, with students trying to predict when their next promotion will come. This often leads to a toxic environment in which students focus on comparing their own progress with that of their teammates. This is a waste of efforts, as the focus should be on improving yourself and your art. When your coach feels that you are ready to perform at a higher level, the promotion will come. Central to the process is maintaining close and open communications with your coach, who will work with you to support you on your path.

White belts will use degrees. The learning curve from white to blue belt is significant and steep, particularly for those who have no relevant background. On average, it will take an individual (16+) with no prior grappling experience roughly 2 years of concerted training to obtain a blue belt. There is, of course, a distinction between a student who is taking their first class and a student who has been training for a year. Stripes add nuance and help visually gauge the progress of a novice student on the road from white to blue belt.

On the other side of the spectrum, black belts use stripes as visual cues to indicate the amount of time that they have been training and/or teaching since they reached the final rank. These stripes will be awarded in accordance with IBJJF standards.

The criteria for promotion at 150 Grappling will be based on minimum time at current rank and proficiency based on the individual's peer group. For minimum time and age requirements, please see the IBJJF graduation system. Proficiency based on peer group includes the following factors: the individual's current rank, their age, their weight, and their goals. In a combat sport, is it very easy to overlook age, but it is a critical factor when determining rank. For example, a 28 year old white belt is



physiologically very different than a 48 year old white belt, and so the standards should account for that difference. Age is also a factor when it comes to competition divisions. Weight is simple in that there are weight classes, but it is a significant element. Size and strength will inevitably play a factor in a head-to-head encounter, and it would not be unusual to see a 300lb blue belt defeat a 150lb purple belt in a competitive situation. Finally, with regard to goals, it should be the objective of every individual at 150 Grappling to grow and learn in the hopes of becoming their best self. During that journey, individuals may make competitive goals, perhaps to win a certain tournament or perform in a pro card. 150 Grappling coaches will take these individual goals into careful consideration and tailor a path forward so that each student is given every available opportunity and positioned to succeed.