



Belt Journey



The Belt Journey starts at White Belt and continues through the coloured belts below.

There are stripe belts in between all coloured belts; these are equivalent to half a belt.

eg. A Yellow Stripe Belt is a White Belt with a Yellow Stripe through the full length and is halfway between White Belt And Yellow Belt.

White Belt



Congratulations on taking the biggest and hardest step, from no belt to White Belt.

Yellow Stripe Belt



Yellow Belt



It normally takes 6-12 months to achieve this belt with twice weekly training & 12-24 months with once weekly training.

Blue Stripe Belt



Blue Belt

Exciting times, you can now buy yourself some Jool Bong

(Nunchakus) to practice with

Red Stripe Belt

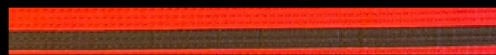


Red Belt



It's getting more serious now.

Brown Stripe Belt



Brown Belt

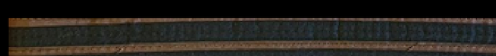


Even more excitement now, you can get yourself a staff, a long wooden pole to spin around!

Black Stripe Belt



Black Belt Candidate



You can now buy a wooden sword & start testing towards your Black Belt.

Black Belt

This is the start of a whole new journey & certainly not the end...

Stripe Belts can be skipped, but everybody has to achieve each full colour belt before progressing to the next.

Following a tesitng, good progress/attitude are awarded with a stripe/tab on the end of the current belt. Competency of the syllabus is awarded with a new belt.