



## GRADING POLICY

### What is a grading?

Belts are used to indicate when a student has been promoted to the next level.

Improved technique, stamina, and sparring needs to be shown before the next kickboxing level can be awarded. This will be assessed through pad work and circuit training.

The contents of tests vary among styles but each school has set criteria around...

- Minimum Time Elapsed from Last grading
- Consistent Training
- Proficient Technique and stamina
- Demonstrated Progress

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Every three months, if you feel you are ready you can be graded to see if you have acquired the relevant skills and knowledge to receive your next belt. The grading is just like a lesson, except rather than the techniques being demonstrated to you first, you demonstrate them on command. If you are unsure whether you are ready to take your next belt, please ask your instructor.

### Black belt grading

Fearless Martial Arts policy is that a minimum of 6 months must have passed since you achieved your 1<sup>st</sup> Kyu before you can attempted your 1<sup>st</sup> Dan black belt. A mock black belt grading must also be passed. Within this 6 months you must demonstrate dedication to your training, continuing to improve your technique and stamina. We pride ourself on our high standards and so you will not be put forward to grade if standards drop.

\*\*\* You **MUST** hold a valid martial arts license which needs to be presented at the time of your grading. This can be arranged by your instructor. Please ensure that this is up to date!!!!

**IF YOU ARE UNSURE IF YOU ARE READY TO GRADE OR IF HAVE TRAINED ENOUGH PLEASE ASK YOUR INSTRUCTOR**