

# Abu Dhabi Jiu-Jitsu Pro Graduation System





In order to unify the teachings, the practice of Jiu-Jitsu and to standardize models of competition Abu Dhabi Jiu-Jitsu Pro (AJP) presents this General System of Graduation.

To continue the progress and spirit of the recently renewed Jiu Jitsu Book of Rules, launched in January 2012, the General System of Graduation strives to enhance the athletes' understanding of the graduation process from white belt to red belt.

The AJP has updated the General System of Graduation to provide improvements to our old rules. The biggest improvement is the inclusion of a new grading system for athletes 4 to 15 years of age, which separates each belt rank groups (gray, yellow, orange and green). This new system for athletes under the age of 16 will make the practice of Jiu-Jitsu more exciting and attractive by providing more frequent graduations, which also provides steady advancement throughout the athlete's career.

In regards to the grading system of athlete from 4 to 15 years old, the AJP added additional improvements and suggestions for professors and instructors. For example: There are three different ways to grant degrees, which the AJP suggests to be done monthly, triannually and quarterly. The purpose of this is to track the Jiu-Jitsu practitioner's time within every color belt rank.

The current General System of Graduation is evolving and may need to be modified over time according to the needs of Jiu-Jitsu. The AJP intends to continue working to make the sport easier, more attractive and satisfying for athletes and professors.









Abu Dhabi Jiu-Jitsu Pro

**1 ARTICLE 1 – BELTS**

**1.1 Belt ranks for athletes ages 4 to 15 years old**

1. White	
2. Grey	
3. Yellow	
4. Orange	
5. Green	

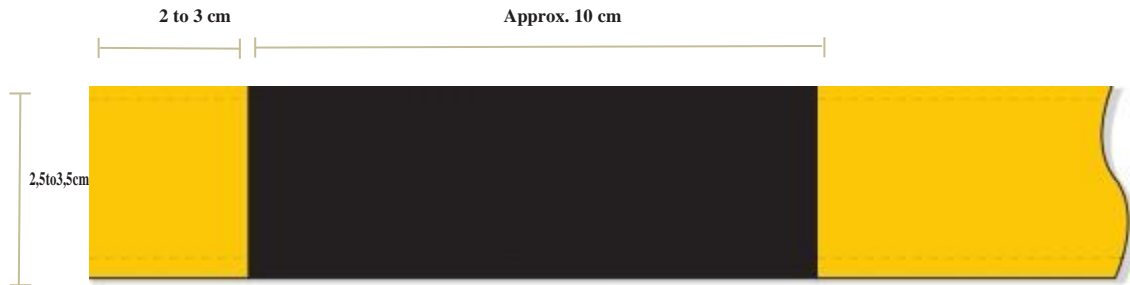
**1.2 Belt ranks for athletes ages 16 years and older**

1. White	
2. Blue	
3. Purple	
4. Brown	
5. Black	
6. Red and Black	
7. Red and White	
8. Red	

### 1.3 Configuration of Belts

#### 1.3.1 Belts – Athletes from 4 to 15 years old

Belts will be from 2.5 cm (0.98 in) to 3.5 cm (1.38 in) wide and will have one black bar of approximately 10 cm (3.94 in) in length positioned between 2 cm (0.79 in) to 3 cm (1.18 in) from one of the ends. The belt may have only the color of the group or a white or black stripe in the center along its entire length.



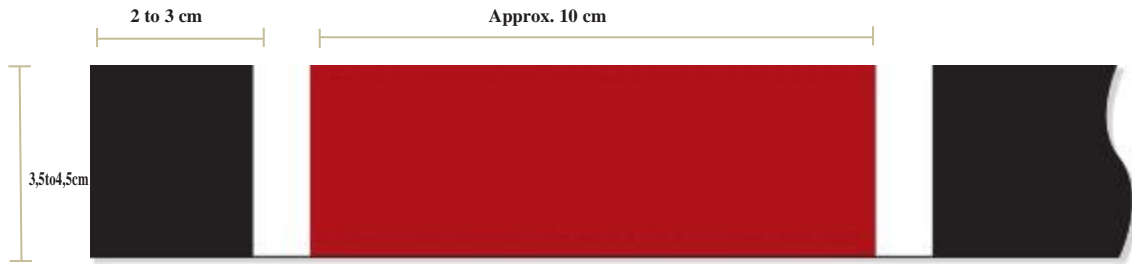
#### 1.3.2 From White Belt to Brown Belt – Athletes starting from 16 years old

Belts will be from 3.5 cm (1.38 in) to 4.5 cm (1.77 in) wide and will have one black bar of approximately 10 cm (3.94 in) length positioned between 2 cm (0.79 in) to 3 cm (1.18 in) from one of the ends.



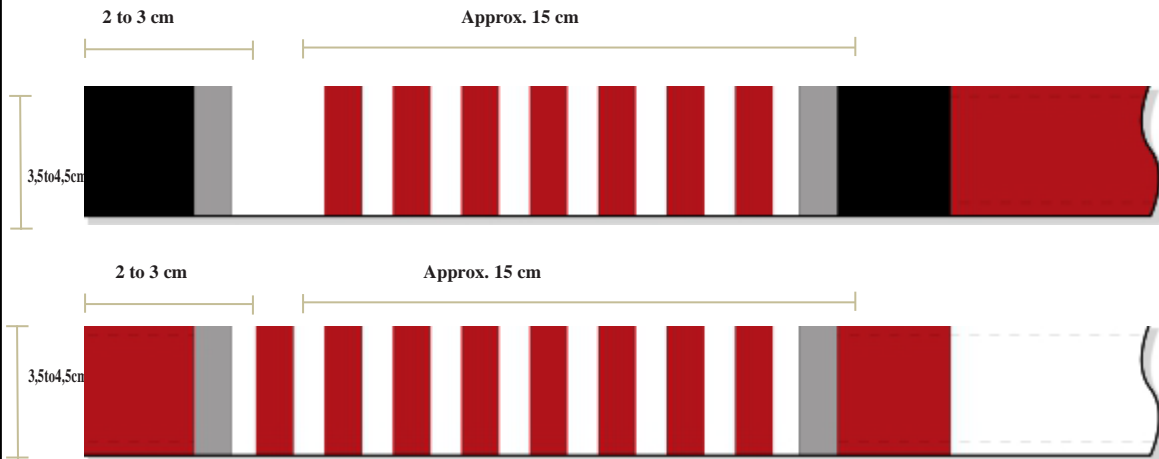
1.3.3 Black Belt

The belt will have a red bar of approximately 10 cm (3.94 in) in length positioned between 2 cm (0.79 in) to 3 cm (1.18 in) from one of the ends. It will be delineated by two white bars and will receive markings from one to six degrees.



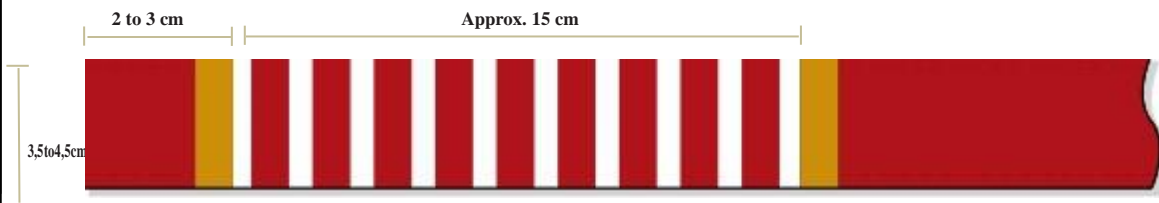
1.3.4 Red and Black Belt / Red and White Belt

Master's belts are red and black (7th grade) and red and white (8th grade) intercalated with stripes of 20 cm (7.87 in). The belts will have a white bar of approximately 15 cm (5.91 in) length placed between 2 (0.79 in) to 3 cm (1.18 in) from one of the ends delineated by two silver bars and will receive degrees' markings in red.



1.3.5 Red Belt

The Grand Master's belt (9th and 10th degrees) will be red. It will have a white bar of approximately 15 cm (5.91 in) length placed between 2 cm (0.79 in) to 3 cm (1.18 in) from one of the ends delineated by two gold bars of 2 cm (0.79 in) and will receive degrees' markings in red.



**2 ARTICLE 2 – MINIMUM AGES**

**2.1 Minimum age requirements for athletes between 4 to 15 years old**

- White – Any age
- Group Grey – 4 to 15 years
- Group Yellow – 7 to 15 years
- Group Orange – 10 to 15 years
- Group Green – 13 to 15 years

**2.2 Minimum age requirements for athletes starting from 16 years old**

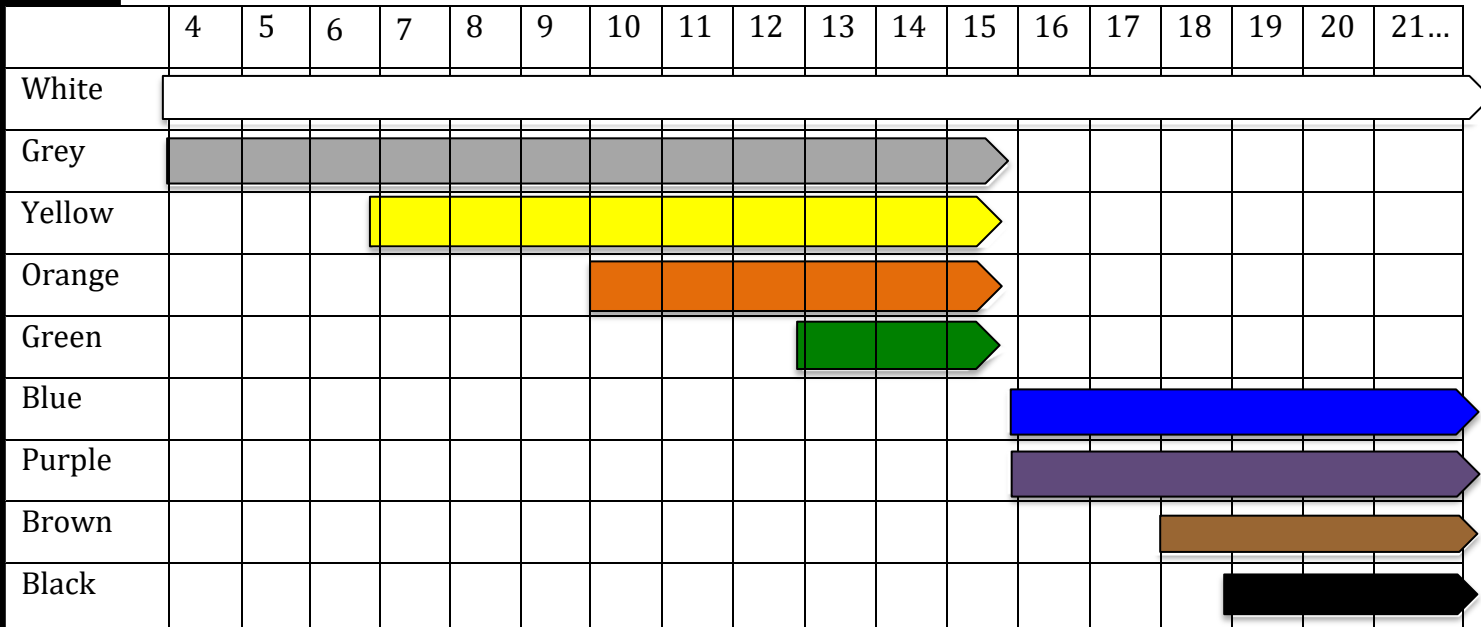
- White – Any age
- Blue – 16 years or more
- Purple – 16 years or more
- Brown – 18 years or more
- Black – 19 years or more
- Red and black – 50 years or more
- Red and white – 57 years or more
- Red – 67 years or more

**2.3 2.3 - Observations**

**2.3.1** The minimum age for the athlete to be eligible to change belt is the age they have or will become in the current year, following the formula: current year - birth year = age of the athlete.

**2.3.2** In the year that the athlete turns 16 years of age, they must be placed in the Belt system from Article 1.1. They will be promoted to a new rank according to the belt they have:

- White Belt** – Remains in White Belt;
- Grey Belt, Yellow Belt, Orange Belt** – Awarded Blue Belt;
- Green Belt** – Awarded Blue or Purple Belt according to their professor’s decision.



**3 ARTICLE 3 - MINIMUM PERIOD**

**3.1** The graduation of athletes must also meet the following minimum periods of time in each color:

**3.1.1** Athletes between 4 and 15 years old – No minimum time

**3.1.2** Athletes between 16 and 17 years old

**White** – No minimum time

**Blue** – No minimum time

**Purple** – 2 year

**3.1.3** Athletes from 18 years old – White Belt to Brown Belt

**White** – No minimum time

**Blue** – 2 years

**Purple** – 1 year and 6 months

**Brown** – 1 year

**3.1.4** Athletes from Black Belt\*

**Black** – 31 years

**Red and black** – 7 years

**Red and white** – 10 years

**Red** – undefined

\*The periods mentioned in this topic are fixed, not minimum and determine how long each practitioner should remain in each belt.

**3.2 Observations**

**3.2.1** The period mentioned in Article 3 should be counted from the day of the registration of the athlete in AJP in each belt.

**3.2.2** The time it takes for the athlete to graduate from white belt to black belt is up to the athlete’s professor. However, the AJP requires a mandatory minimum amount of time the athlete must spend at each belt level.

**3.2.3** Exception - if an athlete wins the gold medal in their belt category at any of the World Youth / World Master / World Pro and has completed the minimum time at their belt they are no longer allowed to compete in any AJP events at that same belt \* \*\*.

\* If the athlete did not complete the minimum time at that specific belt they can still compete in the same belt division until the day before the next World Youth / World Master / World Pro Championship when it will be mandatory to compete in the next belt division.

\*\* Under AJP regulations, should the coach choose not to graduate the athlete, the Organization allows Wild Card Athletes to fight with their current belt in a higher belt division than their past World Youth / World Master / World Pro results,

i.e. the current Juvenile Blue Belt World Youth Champion must register in the Purple Belt PRO Division (Former adult division). i.e. The current World Pro Purple Belt Champion must register in the Brown Belt Division regardless of his current belt.

**3.2.4** From the black belt graduation on (red and black belt, red and white belt and red belt) the practitioner must meet the mandatory minimum time requirement for each belt rank after their black belt graduation date.

## 4 ARTICLE 4 - DEGREE SYSTEM

### 4.1 Division by degrees

#### 4.1.1 Athletes between 4 and 15 years old

The AJP suggests professors have some way of dividing each belt by degrees.  
See the suggestions in the exhibit of this Regulation.

#### 4.1.2 Athletes ages 16 years and older

**White Belt, Blue Belt, Purple Belt, Brown Belt** – Single color belts divided by 4 degrees.

**Black Belt** – Single color belt divided by 6 degrees.

**Red and Black Belt** – Represents the seventh degree black belt

**Red and White Belt** – Represents the eighth degree black belt

**Red Belt** – Represents the ninth degree black belt

**Note:** Until brown belt, the adoption of the degree system is up to each professor. However, when a practitioner receives their black belt it is mandatory to adopt the degree system defined by AJP.

#### 4.1.3 Athletes from the black belt ranking on (red and black belt, red and white belt and red belt)

- Every promotion to a new degree in the black belt is only valid starting from the issuance of an AJP diploma, after the applicant meets the basic requirements present in Article 5.
- The first degree can only be requested after a minimum of 3 years of the black belt graduation.
- The second and third degrees can be requested only after a minimum period of 3 years from the previous graduation.
- The 4th, 5th and 6th degrees can be requested only after a minimum period of 5 years from the previous graduation.
- The 7th and 8th degrees (red and black belt) can be requested only after a period of 7 years from the previous graduation.
- The 9th degree (red belt) can be requested only after a minimum period of 10 years from the previous graduation.
- The 10th grade (red belt) was given only to the pioneers of Brazilian Jiu-Jitsu, the Gracie brothers: Carlos, Oswaldo, George, Gastao and Helio.

**Note:** The year or years the athlete does not renew their membership and/or register an academy with AJP will not count as time towards certifying a degree or degrees.



## 5 **ARTICLE 5 – AJP BASIC REQUIREMENTS TO OBTAIN THE BLACK BELT CERTIFICATE AND DEGREES**

### 5.1 **Basic Requirements**

- Must be affiliated to AJP in the current year.
- Must provide First Aid course certificate
- Must attend the rules course within the 12 month period before the date the athlete requests the new degree
- Must complete at least one of the two requirements below:
  1. Must be the professor responsible or assistant professor at an academy that has renewed the affiliation through AJP in all previous years for the minimum period required for the new graduation.
  2. Must be an athlete practicing Jiu-Jitsu in an academy that has renewed the registration through AJP in all previous years for the minimum period required for the new graduation and has a professor (in charge) who is a black belt with at least 3 degrees certified by AJP. **Please Note: The professor that signs the application form also must be the Professor that promoted the athlete and be a black belt with at least 3 degrees certified by AJP.**

### 5.2 **Observations**

- 5.2.1 The Black belt certification graduation for each new degree is an individual process that depends on a thorough analysis by the AJP including examination of documents, therefore, there is no set time for its conclusion.
- 5.2.2 In countries where there is a local organization or federation linked to AJP who is responsible for the certification, it may require additional documents to the basic AJP requirements.

## 6 **ARTICLE 6 - PROFESSORS AND INSTRUCTORS**

- 6.1 The membership form of an athlete graded in belts of grey, yellow, orange, green, blue, purple and brown must be signed by an AJP affiliated black belt.
- 6.2 The graduation of an athlete to black belt can only be signed by a black belt instructor that promoted them and must have at least 3 degrees certified by AJP.
- 6.3 In countries or regions where there are not enough black belts for the development of the sport, AJP will accept purple belt and brown belt athletes to sign as instructors. Once the minimum number is reached, the use of instructor status will be suspended.
- 6.3.1 Brown belt instructors can only graduate athletes to purple belt and purple belt instructors can only graduate athletes to blue belt.



**ANNEX I**  
**Suggested degree system for**  
**athletes between 4 and 15 years**  
**old**

**1 ANNEX**

**The AJP suggests three methods of dividing each belt in degrees for practitioners between 4 and 15 years old. Adoption or not of one of the following methods is at the discretion of each professor.**

**1.1 Quarterly System (every 3 months)**

For the academies that adopt the degree graduation every three months, the AJP suggests three degrees for each belt. The fourth degree will be graduating the athlete to the next belt color according to the images below.

**1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> MONTH**



**4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> MONTH**



**7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> MONTH**



**10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> MONTH**



**TOTAL: 1 YEAR**

## 1.2 Triannual System (every four months)

For the academies that adopt the degree graduation every four months, the AJP suggests two degrees for each belt. The third degree will be graduating the athlete to the next belt color according to the images below.

**1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> MONTH**



**5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> MONTH**



**9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> MONTH**



**TOTAL: 1 YEAR**

### 1.3 Monthly System

For the academies that adopt the degree graduation every month, the AJP suggests 11 degrees for each belt. The 12th degree will be graduating the athlete to the next belt color. The first four degrees are white, the next four will be red and the last three will be the color of the next belt, as shown on the image below.

1<sup>st</sup> MONTH



7<sup>th</sup> MONTH



2<sup>nd</sup> MONTH



8<sup>th</sup> MONTH



3<sup>rd</sup> MONTH



9<sup>th</sup> MONTH



4<sup>th</sup> MONTH



10<sup>th</sup> MONTH



5<sup>th</sup> MONTH



11<sup>th</sup> MONTH



6<sup>th</sup> MONTH



12<sup>th</sup> MONTH



TOTAL: 1 YEAR

## 1.4 Degrees system for white belts and white and gray belts

The AJP suggests 1 degree per month in White and Grey and White Belts for the completion period of 1 year for two graduations.

### WHITE BELT

#### 1<sup>st</sup> MONTH



#### 2<sup>nd</sup> MONTH



#### 3<sup>rd</sup> MONTH



#### 4<sup>th</sup> MONTH



#### 5<sup>th</sup> MONTH



TOTAL: 6 MONTH

### GREY/WHITE BELT

#### 1<sup>st</sup> MONTH



#### 6<sup>th</sup> MONTH



WHITE + GREY BELT = TOTAL: 1 YEAR

