

Cardiff Martial Arts

Grading Criteria for Kickboxing

	Current Grade	Minimum Attendance	Minimum Period	Minimum Ages (years)
Junior Syllabus	White (10th Grade)	20 classes	6 months	7
<i>Starting at 7, 8 years.</i>	Yellow-Stripe (9th Grade)	20 classes	6 months	
	Yellow (8th Grade)	20 classes	6 months	
	Green-Stripe (7th Grade)	20 classes	6 months	
	Green (6th Grade)	20 classes	6 months	
	Blue-Stripe (5th Grade)	20 classes	6 months	
	Blue (4th Grade)	40 classes	6 months	10
	Red-Stripe (3rd Grade)	40 classes	6 months	
	Red (2nd Grade)	40 classes	6 months	
	Black-Stripe (1st Grade)	60 classes	9 months	
	Current Grade	Minimum Attendance	Minimum Period	
Regular Syllabus	White (10th Grade)	20 classes	3 months	
<i>Starting 9 years or over</i>	Yellow-Stripe (9th Grade)	20 classes	3 months	
	Yellow (8th Grade)	20 classes	3 months	
	Green-Stripe (7th Grade)	20 classes	3 months	
	Green (6th Grade)	20 classes	3 months	
	Blue-Stripe (5th Grade)	20 classes	3 months	
	Blue (4th Grade)	40 classes	6 months	10
	Red-Stripe (3rd Grade)	40 classes	6 months	
	Red (2nd Grade)	40 classes	6 months	
	Black-Stripe (1st Grade)	60 classes	9 months	
	1st degree black belt	150 classes	2 years	12
	2nd degree black belt	150 classes	2 years	14