

Stripes: Each belt will have eight possible stripes or degrees. Degrees will be awarded to students based on their attendance, focus, and ability to learn and practice the techniques taught to them. White (or black) for the first four and then overlapped by red to indicate the last four.

Promotion: Students may be promoted to another belt prior to receiving all eight stripes based on the assessment of their coach(es). Typical time in a belt ranges from six months to one year (typically 8 months) depending on student and situation. By the time the student is asked to demonstrate, their coaches already consider them at that next level. The demonstration is an opportunity for the student to show others in class and attending (friends, family) what they know. Demonstrations can be done individually or in group based on coach discretion/situation. For promotion, the student will be asked to demonstrate the following:

| Belt | Safety, Mvmt, & SD | Character | Position | Technique |
|----------------|---------------------------------------------------------------|-------------------------------------------------|---------------------------------------------|-------------------------------------------|
| Grey & White | Forward Roll Rear breakfall Tech Get-up | Good listening Safe Sparring Can tie belt | Guard and 1 escape Mount and 1 escape | Armbar (any) Americana (any) |
| Grey | Backward Roll Shrimp Snake walk | On task Playful Sparring | Side and 1 escape Back Mount (back pack) | Choke (any) Takedown (any) |
| Grey & Black | Pummeling Penetration Step Sprawl | Able to tutor new students through technique | Half guard Open guard (any) | Triangle Choke Kimura |
| Yellow & White | Punch block 1-4 | Able to teach position | SD Ground 1 Back Mount Escape | Omoplata Punch (cross, jab) |
| Yellow | Headlock Def x 2 | Able to teach technique | SD Standing | Guillotine Kick (push kick, side kick) |
| Yellow & Black | Bear Hug Def x 2 | Able to teach escape | Lockdown Clinch | Ezekiel |
| Orange & White | Promotions to orange and green belts are at coach discretion. | | | |
| Orange | | | | |
| Orange & White | | | | |
| Green | | | | |
| Green & Black | | | | |

Promotion Format and Frequency: Promotions will typically be in group format with more than one student promoting and will be conducted during normal class times. Promotions will typically be held 3-4 times a year. Students who cannot attend the promotion will be offered an opportunity to demonstrate at the next available test.

Poor Behavior/Conduct: Capital expects their students to be upstanding citizens on and off the matt – in home, in the school, and in public. Behavior not fitting Capital’s philosophy will result in a temporary removal of the belt to be restored by a coach when the student has demonstrated that they understand their error and have made effort to “make it right.”