

SYMBOLISM OF MARTIAL ARTS BELTS

At Brooklin Martial Arts, our belt system represents the progression of skill and development an individual student has made in accordance to our overall curriculum.

Belts are a physical representation of the progress a student has made on their martial arts journey. Students earn progressively darker belts to signify their growth & experience as a martial artist.

ALL BELTS ARE EARNED, NOT GIVEN

Students must first demonstrate of the prerequisite skills and curriculum before progressing to their next belt level. A student must also exemplify good character through the completion of our **Black Belt Excellence** character development sheets.

Throughout the season student's will participate in progress checks where they have the opportunity to demonstrate skills learned and improvement made. Feedback will be given by their instructors. At season's end student's with all their progress stripes will be pre-tested in class. If successful that student will earn an invitation to our grading ceremony. Upon successful completion of the grading test, the students will be promoted to their next belt level.

BELTS ARE A TANGIBLE GOAL SETTING TOOL

Tying on your belt every class is a reminder of how far you've come, and what lies ahead

A BLACK BELT IS A WHITE BELT

THAT NEVER GAVE UP!



BROOKLIN BUDDIES BELT SYSTEM

At Brooklin Martial Arts we have a unique belt system for our students between the ages of 5-7.

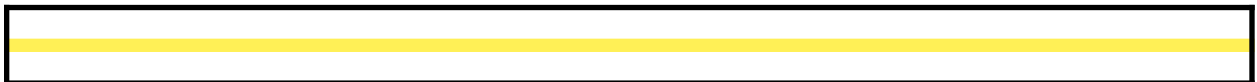
At this age, Brooklin Buddies, are in their prime development of learning and functioning. Brooklin Buddies will be learning foundational martial arts techniques. Our primary goal is to help your child build essential skills like active listening, concentration, cooperation, self-discipline, memory, and balance.

The curriculum is structured with a variety of drills to teach each skill. The Brooklin Buddies classes will help them use their body and mind to its fullest potential.

WHITE BELT



WHITE / YELLOW STRIPE BELT



WHITE / ORANGE STRIPE BELT



WHITE / GREEN STRIPE BELT



WHITE / PURPLE STRIPE



WHITE / BLUE STRIPE BELT



WHITE / BROWN STRIPE BELT

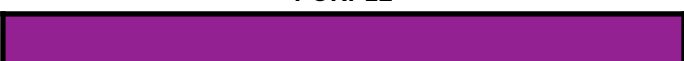


WHITE / RED STRIPE BELT



A Brooklin Buddy who turns eight will advance to our Youth Fundamentals class, where they'll begin working toward their Half White | Half Yellow Belt.

BMA BELT SYSTEM

WHITE BELT  HALF WHITE HALF YELLOW BELT  YELLOW BELT 	BEGINNER & FUNDAMENTALS + FUNDAMENTALS BBT
HALF YELLOW HALF ORANGE BELT  ORANGE BELT  ORANGE / BLACK STRIPE BELT  HALF ORANGE HALF GREEN BELT (T) 	NOVICE BBT
GREEN  PURPLE  BLUE  HALF BLUE HALF BROWN BELT (T) 	INTERMEDIATE BBT
BROWN BELT  BROWN / STRIPE BELT  RED BELT  RED / STRIPE BELT 	ADVANCED HPA

BMA BELT SYSTEM

Each student is unique—bringing their own learning style, strengths, challenges, and life experiences. Martial arts is a personal journey, and progress looks different for everyone. Because of this, each belt earned is a reflection of individual growth and is not meant to be compared to another student's achievement.

To reflect this we have included belts into our system to ensure all of our students are able to progress at a rate that acknowledges progress and sets them up for future success.

(I)	Intermediary Belts	These optionally rewarded belts are earned by a student who have consistently demonstrated effort in practice throughout the season who will further practice the skills and curriculum necessary to progress to the next solid belt level.
GREEN  GREEN / BLACK STRIPE (I)  PURPLE  PURPLE / BLACK STRIPE (I)  BLUE  BLUE / BLACK STRIPE (I) 		

(T)	Transition Belts	These belts represent that a student is practicing and refining all of the curriculum they have learned to that point to demonstrate they are ready for the next curriculum level. These students will break boards at grading!
HALF ORANGE HALF GREEN BELT (T) ALL NOVICE CURRICULUM  HALF BLUE HALF BROWN BELT (T) ALL NOVICE & INTERMEDIATE CURRICULUM  POWER BELT (T) ALL UNDERBELT CURRICULUM 		

BMA CURRICULUM LEVELS

BROOKLIN BUDDIES BASIC | BROOKLIN BUDDIES BBT

The Brooklin Buddies Beginner class is our entry level class for any child between the ages of 5 and 7. At this age, Brooklin Buddies, are in their prime development of learning and functioning. Our primary goal is to help your child build essential skills like active listening, concentration, cooperation, self-discipline, memory, and balance.

BEGINNER & FUNDAMENTALS BASIC | FUNDAMENTALS BBT

The Brooklin Martial Arts Beginner & Fundamentals class is our entry level class for children 8 years old and older. Our classes focus on the development of the fundamental martial arts and self defence techniques, including blocks, punches, kicks and stances. The class is structured with a variety of drills to teach each skill. The fundamental class will provide students a foundation of skill and technique for future success with our curriculum.

NOVICE BBT

The Novice class will continue to build on our student's fundamental martial arts skills and refine the quality of their techniques. The Novice program will introduce students to the full range of our curriculum including complete traditional forms, safe and controlled sparring drills and real-world self-defence. Student's will develop the application of the martial arts while fostering the friendly competitive aspects of the sport.

INTERMEDIATE BBT

The Intermediate class is for our dedicated students who are on the quest to be their best. We incorporate more dynamic drills to build their skill and focused training to help them achieve their personal training goals. Students will be striving to demonstrate more independence when demonstrating their traditional forms, combinations and execution of self-defence techniques.

ADVANCED HPA

The goal of our advanced classes is to help our student athletes reach their full potential. With an excellence mindset, we challenge our students to demonstrate what they've learned with full passion and intensity. This is all in preparation for our students to test for their black belts, and prove they embody the Indomitable Spirit of a warrior!

BLACK BELT MASTERY

Upon earning the Black Belt, now one must strive for mastery. In this class we challenge our Black Belts to embrace the beginner, or white belt, mindset to continue learning and growing as a Martial Artist. We will refine our techniques, test our knowledge and learn new skills. There is a comprehensive Black Belt curriculum that provides the opportunity for Black Belt students to progress to further degrees or dan of Black Belt

BLACK BELT TRAINING (BBT)

Our Black Belt Training (BBT) Program is the full Martial Arts experience for students that are determined to earn their Black Belt.

The BBT section of class is a more advanced training session that focuses on traditional & creative weapons training and sparring drills.

Students enrolled in our BBT program will receive an additional 15 minutes of dedicated training time at the end of the Beginner/Fundamentals class that focuses on our exciting BBT drills & curriculum.

Once enrolled that student is set to participate in all BBT training sessions and BBT training opportunities at our school.

Enrolment in our BBT Program includes everything you need to get started:

- BMA Black B.B.T. Uniform
- BMA Black B.B.T. T-Shirt
- BMA Gym Bag
- Sparring Helmet
- Mouthguard + Mouthguard Case
- Boxing Gloves
- Groin Cup
- Sparring Shin Guards
- Sparring Foot Guards

Enrolment in a BBT program is a requirement for Novice students to progress to future belts at our school. Sparring and weapons training is a key component of our school's curriculum.

WHAT IS A BLACK BELT?

The ranking of a Black Belt has different meanings and symbolism influenced by the culture of their particular Martial Art.

It is a common misconception that all Black Belts represent that the wearer has completely “Mastered” their art; that a Black Belt has no further opportunity to progress, and that they have reached the end point of their Martial Arts journey.

In Tae Kwon Do and Shotokan Karate, the Black Belt represents that the wearer possesses the fundamental understanding of the foundational techniques that make up the Martial Art they study. Once achieved, a Black Belt’s next goal is to strive for mastery of their Martial Art. In the particular Martial Arts traditions we study at Brooklin Martial Arts, there are 10 Degrees or “Dan” to represent the level of mastery one has achieved.

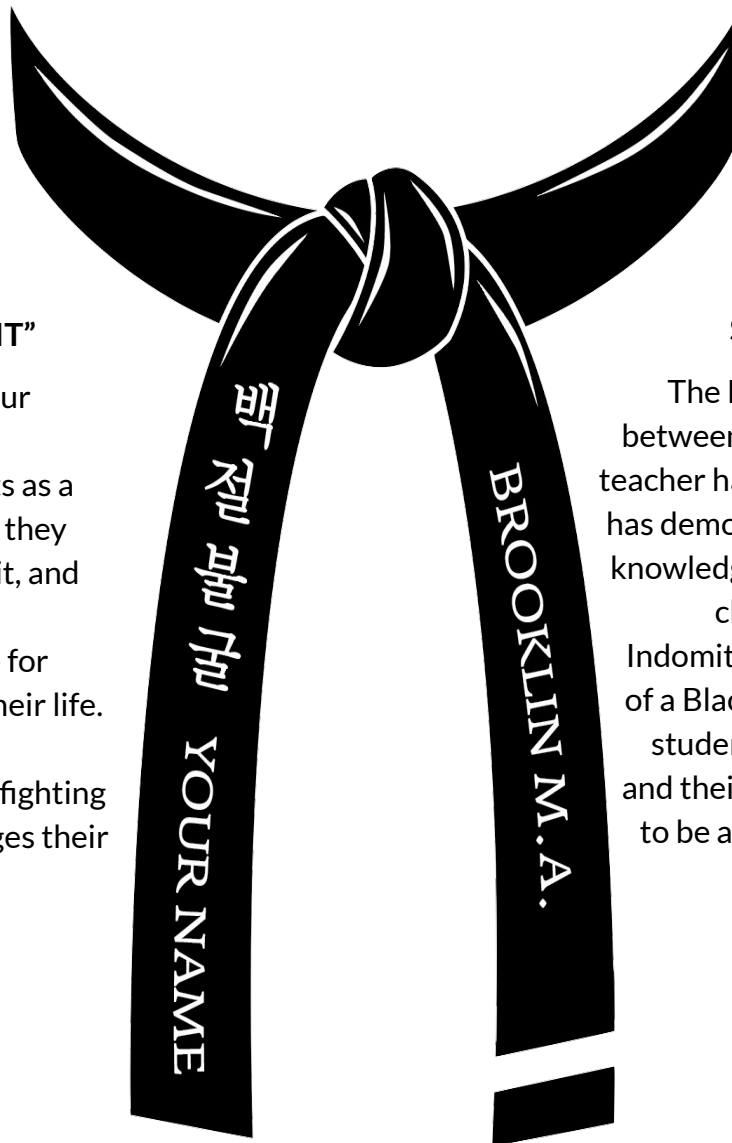
If we are to equate the journey of a Martial Artist to that of a painter, achieving the Black Belt in our Martial Arts system is like graduating from Art School. You have refined your skills, learned your fundamental painting techniques like shading, line work, colouring etc... and now are ready to pursue your craft to make masterpieces. Graduating from Art school has given you the tools to succeed, but you are not a master painter until you explore, experiment and refine your craft. Like the artist, a Black Belt must also refine their craft.

We say, “ ***A Black Belt is a White Belt that never gave up***”. White represents the beginning of the journey. As you train and progress your belt darkens to represent your experience. After achieving your Black Belt, the more you train the opposite happens: your belt lightens and fades until it becomes white once again. This symbolism represents that one should always possess a beginner mindset, continue to learn and grow while striving for personal excellence! The journey does not end once you achieve a Black Belt! Never lose a white belt’s desire to learn.

At Brooklin Martial Arts, in addition to possessing the fundamental understanding of our foundational techniques we challenge our Black Belt students to embody the Principles of Black Belt.

Modesty
Courtesy
Integrity
Self-Control
Perseverance
Indomitable Spirit

OUR SCHOOL'S BLACK BELT SYMBOLISM



"INDOMITABLE SPIRIT"

The Korean hangul text on our school's belts translates to "Indomitable Spirit." This acts as a reminder to the wearer that they possess an Indomitable Spirit, and must carry their unyielding determination as they strive for excellence in all aspects of their life. It is also a reminder they are capable of digging deep and fighting when life throws its challenges their way

SCHOOL NAME

The Black Belt is an agreement between student and teacher. The teacher has agreed that the student has demonstrated the fundamental knowledge, skills, positive attitude, character, principles and an Indomitable Spirit that is befitting of a Black Belt of their school. The student represents that teacher and their school, and should strive to be a positive role-model in the community.

STUDENT'S NAME

The Black Belt is unique to that particular individual. We all possess our own challenges and obstacles we must overcome. Effort is measured differently per individual. Some things come easier for some and more difficult for others. Each person's journey is unique to them, and so is their Black Belt.

DAN or DEGREE BARS

The bars on the end of a Black Belt represent what "Dan" or Degree Black Belt the wearer possesses. These bars act as a ranking or symbol of seniority. A single bar represents a 1st "Dan" or 1st Degree Black Belt. As a Black Belt continues their training and refines their art, they can earn more "Dan" or Degrees and become a more senior Black Belt. A Martial Artist's training journey does not end upon reaching a Black Belt. One should then strive towards mastery of the martial arts.