



Belt Levels at Kenbu Dojo



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What is the purpose of belts?

Martial arts originally did not all have colour belts, instead they just had white belts which were solely to keep your jacket closed. How you would tell the most experienced person in the room was simply by how dirty and worn their belt was. A bright white belt signified a beginner, and a dark, torn and dirty belt signified a more advanced student. In later years coloured belts were brought in to show the levels more clearly as martial arts became more popular.

At Kenbu Dojo we have spent over a decade working on the correct syllabus for both children and adults to give them the best learning experience, to challenge them and also to feel a sense of accomplishment at each step along the way.

Unlike other systems we have created a flexibility which allows students to progress at their own pace, whether that be slow and steady training once a week or training multiple times per week and pushing for larger goals.

This system has been created based on the students that have passed through Kenbu Dojo's doors and tailored to what we now know students want and like when it comes to their learning.

On paper our syllabus can seem quite complicated, but all our students at Kenbu Dojo know and understand how it works.

We will go on to explain this as best we can over the next pages of this document. Please speak to an instructor in person if you wish to ask further questions or if any of it seems unclear.

As always if you are on your learning journey with us or you are a parent/guardian of someone who is, we are always open to conversations about what stage you are at and what you will need to do to reach your next steps.



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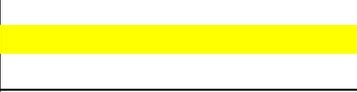
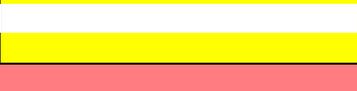
Syllabus at Kenbu Dojo

At Kenbu Dojo we have 3 syllabuses for each of our levels of classes. This is to suit the range of ages and abilities in your martial arts journey. All aspects are covered in our syllabus books that are available to purchase for your level at class. These are a very useful tool to keep track of your progress and what you need to progress throughout your learning. Please read about each of our belt groups below.

A) Beginners

Includes child friendly goals and targets for each belt aimed at our 4–7-year-olds. Including core skills, gross motor skill development, listening skills, social skills, building confidence and having fun. Average time between belts would be approx. 2-3 months. Average time from first to last belt 2-3 years. All these gradings are done on a reward basis and given out during regular class times, as and when a student is ready.

The core focus of this group and at this age is to develop a love for martial arts and ignite a passion for progressing and learning new things. The idea is to give a low cost option to students to give martial arts a go with minimal commitments. When a student reaches the top it can be assumed they really wish to commit and move up to the club level groups.

	White Belt - The first belt, this one has a very small amount of syllabus to get students started. Focusing on settling in well to class
	Yellow Stripe
	Orange Stripe
	Purple Stripe
	Blue Stripe
	Green Stripe
	Brown Stripe
	Red Stripe
	Red Belt/White Stripe - As the belt becomes more colour than white. Achieving it means you are preparing to move up class groups.
	Yellow Belt/White Stripe - Achieving this means you are officially ready to move up as soon as a space is available and work towards full yellow belt.

As everyone is different and learns at different speeds, depending on a child's age/ability they may be offered to move up to the next group level before reaching the final belt.

It is also important to note that we do not do group gradings, as we focus on individual progression of each student. For example, if 2 students started on the same day, they won't necessarily always grade on the same day. Speak directly to the instructor if you are ever unsure or would like an update on your child's progress.

Equipment for Beginners Group is quite simplified as outlined below and in your child's syllabus book.



KENBU DOJO



Required Equipment

In order to take part in our lessons the following items at this level are required

All equipment must be purchased through Kenbu Dojo directly.



Mouthguard

All students should have a mouthguard at every class

This is your first piece of safety equipment



Water Bottle

All students should bring a bottle of water to every class (No fizzy / energy drinks are allowed)



Red Karate Uniform

Once you have been training for a month, you should order your first uniform.

For an additional fee you can have the Kenbu Dojo Logo printed on the back of your jacket



Training Folder

This is a manual personalised for each student, to keep a record of all their achievements. This aids the students learning as they will know exactly where they are & what they need to learn next

To place an order for any of the above, please email Shidoshi Sinéad directly at: kenbudojo@gmail.com

SHIDOSHI SINÉAD BYRNE Mobile 07526766540 Email: kenbudojo@gmail.com Website: www.kenbu.co.uk



Belt Levels at Kenbu Dojo



B) Intermediate

Includes a 50/50 split of Kenpo Karate and Bujinkan, syllabus covers everything from basic movement skills and co-ordination to weapons training and point sparring. The higher ranks also include basic teaching skills. Depending on how often you train and commitment to training going from 1st to last belt takes approx. 8-10 years.

Our intermediate levels again focus on individual assessment and progression, so you can take your martial arts learning at your own pace. We will always aim to challenge our students individually along the way.

As we are an inclusive club each belt colour is broken down into 3 parts. This is to help everyone progress when they are ready and not feel stuck if a full belt is difficult for them to achieve. We will explain those belt ranks below. Which are split into 3 categories.

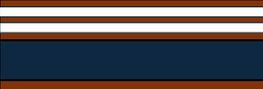
Beginner Ranks

	White belts are usually awarded in class to celebrate a beginner settling in
	Red, Yellow and Orange stripe belts are where all your core basics are learnt within your syllabus, dojo etiquette learned and the beginning of your journey.
	The first jump in your learning, with a difficult form, getting this belt takes hard work and commitment to achieve

Intermediate Ranks

	Purple belt is the beginning of the intermediate ranks and as such comes with more responsibility for the student, they start to take control of their learning and can be trusted to practice and drill what has been taught by the instructor.
	Blue belt level is one of the harder ranks to achieve at Kenbu Dojo as the forms, techniques and sets all take a higher level of learning and understanding. Usually, a student who reaches blue belt is highly likely to make it to black belt as they have proven they can persevere.

Advanced Ranks

	At this level alongside of learning and progressing, a student begins to teach a little. As to deepen your understanding of what you know can be truly tested by an eager student's questions to test your knowledge and learning. This aids understanding and challenges the student in a new way.
	Third brown, this is a huge leap in requirements, learning and teaching. Most people say they find the test for this rank harder than black belt.
	Second brown is another step up in a similar way with the focus starting to shift towards junior black
	First brown is the final step before the end of your junior ranks. It is assumed that at this stage of learning the student is in complete control of their learning, following their instructor's guidance and showing great humility within the club. It is at this stage the student also begins preparing their junior black belt thesis.
	Junior black belt a much sought after but seldom achieved rank. This belt takes perseverance, commitment and a love for your martial art. This is a great level to set you up for your learning into adulthood. It is seen as the beginning of your learning, not the end. As at this level you have mastered your basics and are ready to learn and study much deeper into your martial arts training.



Belt Levels at Kenbu Dojo



How many belts can you test for at a time

A junior student can work towards any of the above colour belts by the next grading day. However, you do not have to do all 3 within a colour group. For example; John is an orange belt, he trains multiple times per week and knows his syllabus very well, he is aiming to test for purple belt on his next grading. He cannot aim for blue belt, as he has not done any of the purple belts.

Remember that being ready for a belt level is much more than just knowing techniques or a sequence of movements. A student should learn the moves, practice them and aim to improve them over time. Each level takes great drive and improvement overall. Good and consistent attendance at classes is also a must.

How often a week you should train

If you look in your club level syllabus books we have a page in there that gives advised times per week you should aim to train at per belt.

How often you train has a huge bearing on your progress speed in any martial art. You get out of it, what you put into it. If you are training one day a week, not practicing at home and take regular breaks then your belt progress each year would be minimal. If you compare this with a student who trains twice a week, practices at home regularly and seldom misses a lesson, their progress would be greater in a smaller amount of time.

It is important to note that martial arts is your own personal journey and not to be compared to others. Some students enjoy the social side to doing a martial art and are content with changing belts every 1-2 years. Others are more driven for a personal challenge and aim to progress belts in bigger chunks or closer together.

Regardless of what type of student you are, remember martial arts is not a race and some of the most memorable moments happen on your journey to black belt. Don't rush, take your time, perfect your art and aim to always be better than you were yesterday.

If a black belt or beyond is your goal, remember there are many ways to get there. Don't rush and enjoy the memories and adventures along the way.



Belt Levels at Kenbu Dojo



C) Adult

This is a predominately Kenpo Karate syllabus and is still undergoing some changes as the first of our adult students trial out our syllabus. All lessons each week contain certain aspects of Bujinkan training too. Depending on how often you train and commitment to training going from 1st belt to black belt as an adult can take between 8-10 years or more. Again, this is greatly down to what work you put into your study of your martial art.

Beginner Ranks

	White Belt
	Yellow Stripe
	Yellow Belt
	Orange Stripe
	Orange Belt
	Orange Advanced

Intermediate Ranks

	Purple Stripe
	Purple Belt
	Purple Advanced
	Blue Stripe
	Blue Belt
	Blue Advanced
	Green Stripe
	Green Belt
	Green Advanced

Advanced Ranks

	3 rd Brown		Minimum of 1 year
	2 nd Brown		Minimum of 1 year
	1 st Brown		Minimum of 1 year
	1 st Degree Black	Junior Instructor	Minimum of 2 years
	2 nd Degree Black	Associate Instructor	Minimum of 3 years
	3 rd Degree Black	Head Instructor	Minimum of 4 years
	4 th Degree Black	Senior Instructor	Minimum of 5 years
	5 th Degree Black	Associate Professor	Minimum of 6 years
	6 th Degree Black	Professor	Minimum of 7 years
	7 th Degree Black	Senior Professor	Minimum of 8 years
	8 th Degree Black	Associate Master	Minimum of 9 years
	9 th Degree Black	Master of the Arts	Minimum of 10 years
	10 th Degree Black	Senior Master of the Arts	

The minimum requirement between ranks, is consistent years of training. Any long period of a break from training would reset your time towards a next belt to zero. Depending on circumstances and level, this would be discussed on an individual basis with the student.



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On our adult syllabus, like our junior syllabus, at least one of each of the colour belts must be tested for along the way. For example, an orange belt can test for orange advanced, or they can test for any of the purple ranks. But cannot test for a blue belt until they have covered at least one purple one. Again, this is to aid progression at the students own speed.

Rank Equivalentents

When a student gets to approx. 16 years old, we begin the transition from junior ranks into senior ones.

For our beginners groups, when they move up to the club level classes, they are preparing for their Junior Yellow belt and so skip the Red belt as this was covered in their previous syllabus.

Each of the above levels, are all made to work together to allow students to progress to the next level or age category without having to drop back too far on the colour of their belt. In some schools around the world, you can get a junior black belt and the second you turn 18 are handed a white belt to start again to get to your senior black. We have worked incredibly hard to ensure our syllabus all work seamlessly together to avoid any feelings of going backwards. Please see our grid below.

Junior Belt	Senior Belt
RED	YELLOW STRIPE
YELLOW	YELLOW
ORANGE STRIPE	ORANGE STRIPE
ORANGE	ORANGE
PURPLE STRIPE	ORANGE ADVANCED
PURPLE	PURPLE STRIPE
PURPLE ADVANCED	PURPLE
BLUE STRIPE	PURPLE ADVANCED
BLUE	BLUE STRIPE
BLUE ADVANCED	BLUE
GREEN STRIPE	BLUE ADVANCED
GREEN	GREEN STRIPE
GREEN ADVANCED	GREEN
THIRD BROWN	GREEN ADVANCED
SECOND BROWN	
FIRST BROWN	
JUNIOR BLACK	

A junior black belt, moves into an adult syllabus, where they begin their adult brown belt levels, which are incredibly important ranks to prepare for senior Black Belt.