# KIDS COLORED DEGREES SYSTEM

**A practical guide for all coaches and affiliates**

## Teach the value. Notice the effort. Recognize progress.

Our colored degree system helps children develop as Jiu-Jitsu students and as respectful, disciplined, responsible, and confident individuals.

Each color reinforces an important life skill, both on and off the mats.

- RED / Attention
- YELLOW / Discipline
- BLUE / Respect
- GREEN / Commitment



Illustrated guide: colored stripes represent life skills.

# RED ATTENTION

Red represents attention, focus, and listening skills.

We want students to learn how to:

- Pay attention when the coach is speaking.
- Listen carefully and follow instructions.
- Stay focused during class.
- Avoid interrupting or distracting others.
- Follow directions and give their best effort.
- Be aware of their surroundings and training partners.

## NOTICE ATTENTION

**Example:** A student waits for instructions before starting a drill.

**Try saying:** “You waited, listened, and knew what to do. That shows attention.”



# YELLOW DISCIPLINE

Yellow represents discipline, personal responsibility, organization, hygiene, and consistency.

We want students to learn how to:

- Arrive on time for class.
- Keep their belongings organized at home and at the gym.
- Keep their uniforms clean and ready for training.
- Keep their fingernails and toenails trimmed for everyone's safety.
- Take care of their personal hygiene and belongings.
- Develop healthy eating habits and take care of their bodies.
- Complete their responsibilities at home and follow family rules.
- Continue trying even when they do not feel motivated.
- Understand that progress comes from consistency and effort.

## NOTICE RESPONSIBILITY

**Example:** A student arrives with a clean gi and puts belongings in the right place.

**Try saying:** “You came prepared and took care of your equipment.”



# BLUE
# RESPECT

Blue represents respect, kindness, and good behavior.

We want students to learn how to:

- Respect their coaches and follow their guidance.
- Respect their teammates and training partners.
- Respect their parents, family members, and teachers.
- Treat everyone with kindness, regardless of age or ability.
- Use polite words and demonstrate good manners.
- Take care of the mats and gym equipment.
- Show good sportsmanship, whether they win or lose.

## NOTICE RESPECT

**Example:** A student checks on a partner and responds kindly after a difficult round.

**Try saying:** “You took care of your partner. That shows respect.”



# GREEN
# ATTENDANCE AND COMMITMENT

Green represents consistency, commitment, and responsibility toward learning.

We want students to learn how to:

- Attend Jiu-Jitsu classes regularly.
- Understand the importance of showing up consistently.
- Take responsibility for their learning and progress.
- Maintain good attendance and effort at school.
- Take their schoolwork and education seriously.
- Understand that commitment applies both on the mats and in the classroom.

## NOTICE COMMITMENT

**Example:** A student returns consistently and stays engaged in learning.

**Try saying:** “You keep showing up and working on your skills.”



# HOW TO APPLY THE SYSTEM

- Each color will be the main focus for approximately two weeks.
- I recommend starting with RED (Attention), followed by YELLOW (Discipline), BLUE (Respect), and GREEN (Attendance and Commitment).
- There is no mandatory or permanent order. The colors can be adjusted according to the needs of each class or group.
- After approximately two weeks, we can move to another color and begin reinforcing a different life skill.
- Coaches should observe students' behavior, encourage improvement, and communicate with parents when appropriate.

Important: The goal is not to punish children, but to teach them. Every child develops at a different pace. We should recognize effort, progress, and positive changes, not just perfection.

Please apply the system consistently and explain to students what each color means. Our goal is to work together across all Seeds 13 affiliates so that children receive the same message and values wherever they train.

Let's use Jiu-Jitsu to help build better athletes and, most importantly, better human beings.

SEEDS 13 - Strong Bodies. Strong Minds. Strong Character.

# COLORED DEGREES TO WHITE DEGREE

## 4 COLORED DEGREES

**Red + Yellow + Blue + Green**

Complete all four colors to receive the next white degree.

## 1 WHITE DEGREE

**The white degree stays on the belt.**

1. The student earns all four colored degrees.
2. Once all four colors are complete, the next degree awarded is a white degree.
3. When the white degree is awarded, remove all four colored degrees.
4. Keep the new white degree and all previously earned white degrees on the belt.
5. Begin a new cycle of colored degrees. Repeat this process for each new white degree.

**RESET THE COLORS. KEEP THE WHITE DEGREES.**

Starting a new colored cycle is part of progression. It is not a disciplinary removal.

# AWARDING & REMOVAL POLICY

Colored degrees are earned through positive behavior, effort, and consistency. They are not permanent rewards regardless of a student's actions.

- Coaches may award a degree when a student demonstrates the values associated with the color.
- A degree may be removed if a student fails to demonstrate the expected behavior or repeatedly acts against the values of the system.
- Examples include repeatedly ignoring instructions, disrespecting coaches or teammates, failing to follow class rules, or demonstrating a lack of responsibility.
- Before removing a degree, the coach should explain the behavior that needs to improve and give the student an opportunity to correct it.
- Any decision to remove a degree should be fair, consistent, and appropriate to the child's age and circumstances.
- Coaches should communicate with parents when necessary and focus on helping the student understand the consequences of their choices.

Important: The purpose of removing a degree is not to embarrass or punish a child, but to teach accountability and encourage positive change. Degrees can be earned again when the student demonstrates improvement and consistently practices the expected values.

All coaches should follow the same principles across Seeds 13 affiliates to ensure fairness and consistency.