SEEDS 13 JIU-JITSU ACADEMY

STUDENT MANUAL

Strong Bodies.
Strong Minds.
Strong Character.

Welcome to the Seeds 13 family.

Jiu-Jitsu is a lifelong opportunity to build confidence, discipline, resilience, and community. This guide explains how we train, care for one another, and recognize progress.

YOUR GUIDE

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01 / ACADEMY ETIQUETTE

How we train together

Make everyone feel welcome

Introduce yourself, learn your teammates’ names, and treat every student with kindness. Help new students feel comfortable and included.

Arrive ready to learn

Be on time and bring a water bottle. If you arrive late, wait at the edge of the mat for the instructor’s permission to join. Ask permission before stepping on or off the mat.

Respect the learning environment

Listen while the instructor is speaking, follow directions, and avoid interrupting demonstrations. Keep conversations and distractions to a minimum.

Protect the mats

No shoes on the mats. Wear slides or flip-flops whenever you step off the mats, including trips to the restroom. Keep the training area clean and care for academy equipment.

Be a responsible training partner

Use control, adjust to your partner’s experience, and communicate respectfully. Tap early when you need to stop, release immediately when your partner taps, and ask the instructor whenever you are unsure.

Please allow our coaches to coach.

Parents and spectators: please do not coach, correct, or give instructions from the sidelines. Give students room to listen, learn, and work through challenges with their coach.

02 / UNIFORMS & HYGIENE

Prepared for the mats

Gi classes

Wear a clean white, blue, or black gi with Seeds 13 patches and your current belt. A long-sleeve rash guard and fitted training pants must be worn underneath the gi.

No-Gi classes

Wear the Seeds 13 long-sleeve rash guard, training shorts, and fitted training pants. Use training apparel suitable for grappling and follow the instructor’s guidance for the class.

Patch placement

Place the small Seeds 13 patch on the left chest and the large patch centered on the back of the gi jacket. Ask the front desk if you need help with uniforms or patches.

Personal care before every class

Wash your uniform after each use. Arrive clean, keep fingernails and toenails trimmed, and remove jewelry before training. Bring clean gear and take care of your belongings.

Keep shared spaces clean

Store your belongings neatly. Dispose of food, drink containers, and trash, and help keep seating areas and walkways clear.

If you are sick, stay home.

Do not train while ill or with a skin infection. Let the academy know when a health concern affects your training, and return when it is safe to participate.

03 / EVERY BELT IS EARNED. EVERY STEP MATTERS.

Belt System

Our belt progression follows the International Brazilian Jiu-Jitsu Federation (IBJJF) framework, including applicable age and minimum time requirements. Seeds 13 also uses academy practices to support learning and character development.

KIDS / AGES 4–15

- White
- White / Gray · Seeds 13
- Gray / White
- Gray
- Gray / Black
- Yellow / White
- Yellow
- Yellow / Black
- Orange / White
- Orange
- Orange / Black
- Green / White
- Green
- Green / Black

AGES 16+

- White
- Blue
- Purple
- Brown
- Black

Advanced ranks

Red / Black · 7th degree
Red / White · 8th degree
Red · 9th degree

The white/gray belt is an additional Seeds 13 stage. It is not an official IBJJF belt rank.

Progress is individual.

Promotions consider technical development, consistency, conduct, and readiness. Age requirements apply; students do not automatically receive every children’s belt. The instructor makes every promotion decision.

04 / ATTENDANCE SUPPORTS LEARNING

White stripes & eligibility

White stripes recognize consistent attendance and progress through the Seeds 13 curriculum. Regular training gives students opportunities to learn, practice, and review the material needed for their development.

ATTENDANCE GUIDELINES

White belt / kids ranks	**30 classes per white stripe**
Blue belt	**65 classes per stripe**
Purple belt	**75 classes per stripe**
Brown belt	**85 classes per stripe**

White belts: a minimum of 30 days

For children and adults training at white belt, Seeds 13 also requires a minimum of 30 days between white stripe promotions. Students must meet the attendance expectation and continue progressing through the curriculum.

Eligible does not mean automatic

Meeting the attendance and minimum time requirements makes a student eligible for consideration. It does not guarantee a stripe or belt. Every promotion depends on the instructor’s assessment of the student’s development and readiness.

Academy criteria and IBJJF requirements

The class counts and 30-day white stripe minimum are Seeds 13 academy criteria. Belt promotions must also meet applicable IBJJF requirements. Black belt degrees follow the applicable IBJJF framework.

05 / LIFE SKILLS ON AND OFF THE MATS

Kids colored stripes

Our colored stripe system recognizes effort, positive habits, and growth. It complements belt progression and helps children build skills they can use at home, at school, and in the academy.

RED / ATTENTION

Listening, focusing, following instructions, and staying engaged during class.

YELLOW / DISCIPLINE

Taking responsibility, staying organized, maintaining personal hygiene, and making a consistent effort.

BLUE / RESPECT

Showing kindness, using good manners, and respecting coaches, teammates, parents, and teachers.

GREEN / ATTENDANCE & COMMITMENT

Showing up regularly and taking responsibility for learning in Jiu-Jitsu and at school.

EARN THE COLORS. KEEP THE WHITE STRIPES.

Once a student earns all four colors and meets the applicable white stripe requirements, the instructor may award the next white stripe. The four colored stripes are removed, all earned white stripes remain, and a new colored cycle begins.

Coaches may focus on one value for approximately two weeks, adjusting to the group’s needs. Stripes are earned through demonstrated progress, rather than awarded automatically on a schedule.

06 / FAMILIES & THE LIFELONG JOURNEY

Grow beyond the belt

Recognize effort. Encourage growth.

Parents, encourage your children to train for confidence, discipline, respect, resilience, friendships, and physical health. Celebrate their effort and personal improvement, rather than making belts or stripes the reason they train.

Trust the process at every age

The same principle applies to adults. Keep showing up, stay open to learning, and trust your instructor to recognize when you are ready for your next stripe or belt. Every student's journey is different.

Accountability with care

Colored stripes may be removed when behavior repeatedly goes against the values they represent. Before removal, the coach explains what needs to improve and gives the child an opportunity to correct it. Decisions consider the child's age and circumstances.

The purpose is to teach accountability and positive change. Stripes can be earned again through improvement and consistent behavior. Removing colors to begin a new white stripe cycle is a normal part of progression.

> **"A belt or stripe is earned, never requested."**
>
> Let your effort speak for you.

STAY CONNECTED

For current class schedules, academy information, and available guides, visit **seeds13bjj.com**. Questions about your training or progress? Speak with your instructor or the front desk.

Official belt framework: ibjjf.com/graduation-system
Companion guides: Seeds 13 Belt Ranking • Kids Colored Stripes