



## BELT SYSTEM (KUP)

10th Kup - White Belt

9th Kup - White Belt with Yellow Stripe

The first belt of the beginner is white, which indicates clarity and purity. It symbolises innocence and an uninhibited mind. Thus assuming that the person has no prior knowledge of the art and training

8th Kup - Yellow Belt

7th Kup - Yellow Belt with Green Stripe

This colour signifies the earth and the sun, where the seed is expected to take root. This indicates that the practitioners foundation is laid to develop the knowledge of the art. Nothing can be achieved without a strong and good foundation

6th Kup - Green Belt

5th Kup - Green Belt with Blue Stripe

This colour indicates life and growth. As new leaves start to develop so as the strength and knowledge of the practitioner's training gains momentum. The movements and techniques start to develop with purpose

4th Kup - Blue Belt

3rd Kup - Blue Belt with Brown Stripe

This colour represents the plant's growth reaching towards the big blue sky. As the plant matures, so do the skills and techniques of the practitioner. The plant becomes a tree - the training methods and the various movements become more meaningful and adaptable

2nd Kup - Brown Belt

1st Kup - Brown Belt with Black Stripe

Signifies the earth where the tree finally roots itself firmly and solidly. This is when the student's knowledge of the art consolidates and he starts to have full confidence in his or her achievement and acquirement

Black Belt

1st Dan  
(Black Belt with White Stripe)

Black is the opposite to white; thus from a novice to an "expert" ie; a good degree of proficiency of the art. It also indicates the endless universe where development of technique is limitless. This is the stage where the practitioner has the capacity and opportunity to explore the "timeless" endeavour one likes to reach

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