

## The Ten Step Programme

The minimum age to start Black Star Aikido senior gradings is 12 years old.

The minimum age for Black Star Aikido Shodan grade is 15



➤ White Belt	20 Hours
➤ Yellow Belt	40 Hours
➤ Orange belt	60 Hours
➤ Green Belt	80 Hours
➤ Blue Belt	100 Hours
➤ Red Belt (Senpai Status)	100 Hours
➤ Purple Belt	100 Hours
➤ Brown Belt	100 Hours
➤ Brown Black	100 Hours
➤ Black Belt (Sensei Status)	100 Hours

In order to be eligible to grade the student should:

1. Obtain the minimum number of hours practice to grade
2. Obtain their instructors approval to grade
3. Complete the grading request form which can be found on the Black Star Web Site [WWW.BlackstarAikido.com](http://WWW.BlackstarAikido.com)
4. For Black Belt the student must be sponsored by a Sensei from outside of the Black Star Organisation.

All students who attend Black Start Aikido courses will be credited with “double practice hours” in recognition of the commitment to the organisation.

On successful completions of “The Test” the student will receive a certificate and be awarded their new colour belt.