



GABRIELES *Martial Arts*

Your Premier Mixed Martial Arts Family Center

◆ *Training Champions in the Community Since 1999* ◆

◆ www.GabrielesKarateKickbox.com ◆

Principles of Your Belt

White

Attendance and Focus

Yellow

Consistency and Effort

Orange

Goal Setting and Commitment

Purple

Courage and Self-Control

Blue

Enthusiasm and Motivation

Green

Determination and Follow Through

Brown

Balance and Flexibility in Life

Black

CANI: Costant and Never-Ending Improvement

The fundamental belts (Gold, Orange) require a minimum of 90 days of training prior to rank advancement. Freshman and Sophmore, and Junior Belts (Purple, Blue, Green) require at least 120 days of training prior to rank advancement. A student's junior year of training (Brown) requires a minimum of 90 days of training yet there is no maximum and rank advancement is solely reliant of the Sensei's approval. They are not time related, purely skill and personal progression.