

Denver, April 23, 2024

Dear Parents,

As you may know, each student must attend a specific number of classes to earn their White stripes. Once they meet this requirement, they become eligible to take a "Performance Test," which consists of 40-80 questions, mobility exercises, self-defense techniques, and one-on-one fight simulations with our instructors.

We are excited to announce that starting May 1, 2024, Six Blades Jiu-Jitsu will introduce a new grading criterion: **Behavior Stripes**. This initiative aims to support our children's development through martial arts by enhancing their motor, physical, social, and psychological skills.

The Behavior Stripes system is designed to motivate children to improve their habits and behavior outside the school environment. It will work in conjunction with parents to ensure that each child meets the requirements for their respective color stripes. Six Blades Jiu-Jitsu will provide a simple format for tracking progress for each stripe.

The Stripe System Overview:

1. GREEN Stripe - Good Habits:

- Students must try five different food options that align with family nutritional beliefs, ideally healthier choices. A tracking form will be provided for parents to record the foods and dates.
- Participate in community cleanup days and take care of home/school gardens; engage in recycling activities.
- Help care for family pets, if applicable.
- Maintain personal hygiene (regular showers and dental care) and attend routine medical check-ups as recommended by parents.

2. YELLOW Stripe - Social Conduct:

- This stripe focuses on reinforcing positive behavior and attitudes towards family and friends, both inside and outside the home. Developing strong social skills is crucial for building healthy relationships and enhancing overall well-being.

3. BLUE Stripe - Discipline:

- Students will be evaluated on their understanding of school rules and expectations, including proper uniform usage (clean kimono and school rash guard or T-shirt), punctuality, and respectful behavior towards instructors and classmates.

4. RED Stripe - Academic Behavior & Effort:

- Success in school extends beyond grades. Foundational skills such as persistence, engagement, organization, communication, collaboration, and self-regulation are vital. Encouraging growth in these areas will prepare students for future success.

This stripe system complements the physical aspects of martial arts training, providing children with a holistic approach to becoming valuable members of society.

By achieving the four Behavior Stripes alongside the four White stripes earned through technical progress, students will be eligible to perform the Test for the next belt. This includes 40-80 questions, mobility exercises, self-defense techniques, and one-on-one simulations with our instructors.

Forms can be submitted three weeks after a student's first class (for new students) or three weeks after receiving a new belt (for colored belt students). Current students may start submitting these forms via email at manager@sixbladesdenver.com.

Six Blades Jiu-Jitsu is fully committed to the holistic development of each student, equipping them with the skills they need to succeed in life.

Thank you for being a part of our family!

Sincerely,
Six Blades Team

