

Tran's Junior Muay Thai Kickboxing
"A journey of a thousand miles begins with a single step!"

For over many centuries the "Black Belt" has been a symbol of great health, strength, perseverance, courage, self-discipline, respect and success! You are about to embark on an amazing journey that will lead you to "Black Belt Excellence" with the world renowned Tran's Martial Arts & Fitness organization. We will be here for you every step of the way as you start to transform your mind, body and spirit! We are dedicated to your success in every aspect of life. Your journey begins!

Advancement Procedures and Requirements
"What your mind can conceive, it can achieve!"

Every time you have accomplished a full class, our instructors will award you with a white Success stripe that goes around your belt. For every ten Success stripes you earn, we will replace the white Success stripes with a thick red Victory stripe. All Juniors Program students must also earn 3 different Life Skills stripes, as well as a Courtesy stripe (showing a positive attitude, great effort and courtesy at home, at school, and at Tran's) to promote to their next belt. Once you have attained all the necessary stripes and training months required for your belt level you will be eligible to test for your new belt.

White Belt: 24 stripes (3 month minimum), 15 push ups w/in 1min, 15 sit ups w/in 1 min., Code of Ethics #1. Must earn 3 different Life Skills stripes, as well as a Courtesy stripe to promote.

Yellow Belt: 24 stripes (3 month minimum), 25 push ups w/in 2min, 25 sit ups w/in 2 min., Code of Ethics #1-2, must complete 4 sparring classes. Must earn 3 different Life Skills stripes, as well as a Courtesy stripe to promote.

Orange Belt: 24 stripes (3 month minimum), 35 push ups w/in 2min, 35 sit ups w/in 2 min., Code of Ethics #1-3, must complete 4 sparring classes. Must earn 3 different Life Skills stripes, as well as a Courtesy stripe to promote.

Green Belt: 32 stripes (4 month minimum), 50 push ups w/in 3min, 50 sit ups w/in 3 min., Palm Heel Strike board break, Code of Ethics #1-4, must complete 6 sparring classes. Must earn 3 different Life Skills stripes, as well as a Courtesy stripe to promote.

Blue Belt: 32 stripes (4 month minimum), 60 push ups w/in 3min, 60 sit ups w/in 3 min., Skip Side Kick board break, Code of Ethics #1-5, must complete 6 sparring classes. Must earn 3 different Life Skills stripes, as well as a Courtesy stripe to promote.

Purple Belt: 32 stripes (4 month minimum), 70 push ups w/in 3min, 70 sit ups w/in 3 min., Horizontal Elbow Strike board break, Code of Ethics #1-7, must complete 6 sparring classes. Must earn 3 different Life Skills stripes, as well as a Courtesy stripe to promote.

Red Belt: 40 stripes (5 month minimum), 80 push ups w/in 3min, 80 sit ups w/in 3 min., Vertical knee strike board break, 1mi run w/in 10 min, Code of Ethics #1-9, must complete 10 sparring classes. Must earn 3 different Life Skills stripes, as well as a Courtesy stripe to promote.

Brown Belt: 40 stripes (5 month minimum), 90 push ups w/in 3min, 90 sit ups w/in 3 min., Back leg front kick board break, 2mi. run w/in 20 min, Code of Ethics #1-11, must complete 10 sparring classes. Must earn 3 different Life Skills stripes, as well as a Courtesy stripe to promote.

Beginning Black Belt: 40 stripes (5 month minimum), 100 push ups w/in 3min, 100 sit ups w/in 3 min., Axe Kick board break, 3mi. run w/in 30 min, Code of Ethics #1-13, must complete 10 sparring classes. Must earn 3 different Life Skills stripes, as well as a Courtesy stripe to promote.