

Proposed Black Belt Grading requirements from September 2026

Table 1: Adult Black belts must meet these requirements between gradings.

Grade	Time/years since last grading	National BB classes since last grading	Umpire Qualification	Instructor Qualification	International Instructors Courses since last
Application for 1 st degree	N/A	N/A	N/A	Level 1*	
Application for 2 nd degree	1.5	1	National C	Level 2	
Application for 3 rd degree	2	1	National B	Level 3	
Application for 4 th degree	3	2	National A	Level 4	1

* 1st kup applicants for black belt, adult, must attend one national seminar (RITA colour belt seminar or 1 day seminar as part of ITS/IIC) and have completed their level 1 instructor pathway, before they can apply for the national black belt grading exam. This requirement will start from September 2027.

Black belt classes and courses attended will be recorded in their licenses.

Black belts need to become instructors with their own school (or assistant instructor with Board of Directors permission) before they can go for 4th degree or above. Please check additional RITA requirements for promotions from 3rd degree and above.

Table 2: Junior Black belts (U 18 years) must meet these requirements between gradings.

Grade	Time/years	National BB classes	Umpire Qualification	Instructor Qualification	National or International seminar	International Instructors Courses
1 st kup to 1 st degree	N/A	N/A	N/A	N/A	1* (or national CB seminar).	N/A
1-2 degree	1.5	1	N/A	N/A	1	N/A
2-3 degree	2	1	C	N/A	1	N/A

* 1st kup applicants for black belt, both junior and adult, must attend one national seminar (RITA colour belt seminar or 1 day seminar as part of ITS/IIC) before they can apply for the national black belt grading exam. This requirement will start from September 2027.

It is not a grading requirement for junior black belts to qualify as an instructor before they apply to grade. However junior black belts are encouraged to attend as many black belt modules as possible to help smooth their transition to becoming adult black belts.