

KIDS PROGRAM · LEGION AMERICAN JIU-JITSU · OCTOBER 2026

LITTLE LEGION NEWSLETTER #26

Handrail Safety · Belt Ceremony Recap · Student of the Month · Halloween Party · How Stripes & Ranks Work

Dear Legion Families,

Welcome to the Holiday Season! We have a few announcements to get through in this newsletter, including upcoming events. We have also had a lot of new families join us since the start of the school year, so I will be breaking down how stripes and ranks work for the kids program. But before the more fun sections of this newsletter, I want to get into something more serious.

A SERIOUS NOTE · PLEASE READ

NO MORE PLAYING ON THE HANDRAILS

The handrails are not for swinging or climbing on. We do not want any of your children to get hurt, so please remind them not to swing or play on them. The last thing we want is for someone to get injured, and we will be enforcing a strict policy moving forward.

One-strike rule. If your child continues to play on them after this single warning, I will be removing stripes from their belt. Thank you for understanding.

BELT CEREMONY RECAP

ANOTHER ROUND OF PROMOTIONS

Last Friday, on the 24th, we had another belt ceremony! It was a ton of fun and so awesome to see all of your children get rewarded for their hard work and dedication to coming to class.

The next belt ceremony will be here before you know it. It is scheduled for **Friday, January 15th**, right after the holiday season is over.



SATURDAY, OCTOBER 24 · 6:00-8:30 PM

HALLOWEEN TRUNK OR TREAT PARTY

Join us at Legion for a night of Halloween fun:



Games



Candy



Costume Contest with prizes



Halloween Movie, voted on by our students

It is the perfect opportunity for your child to give their costume a test drive before the big night the following weekend! 🏆

FOR OUR NEW FAMILIES

HOW STRIPES & RANKS WORK

WHITE TECHNIQUE STRIPES

White technique stripes are earned from coming to class, showing growth in skills and understanding of jiu-jitsu, and behaving correctly during class time.

White stripes are given out faster for the 3.5 to 5.5 year olds, roughly every 14 to 20 classes. For 6 to 14 year olds it takes longer, around 24 to 36 classes.

With 4 white stripes, your child will be eligible to earn their next belt at the upcoming belt ceremony.

RED PILLAR STRIPES

Red stripes are pillar stripes, given for practicing, participating, and performing the pillar stripe of that week. All 16 are listed below under their pillar. Each month there is a new pillar, and we go over each one three times per year.

WARRIOR SPIRIT

Dedication
Discipline
Respect
Grit

PERSONAL GROWTH

Self-Control
Focus
Knowledge
Good Grades

PHYSICAL FITNESS

Strength
Speed
Agility
Sparring

LIFE SKILLS

Teamwork
Leadership
Responsibility
Confidence

THE BELT PROGRESSION

BELTS YOUR CHILD CAN EARN

Here is the full belt progression for the kids program, in order.

1	White & Black Belt
2	Grey & White Belt
3	Grey Belt

4	Grey & Black Belt
5	Yellow & White Belt
6	Yellow Belt
7	Yellow & Black Belt
8	Orange & White Belt
9	Orange Belt
10	Orange & Black Belt
11	Green & White Belt
12	Green Belt
13	Green & Black Belt

STUDENT OF THE MONTH · OCTOBER

SAMUEL ELLIS

124 CLASSES IN 10 MONTHS	7 STRIPES ON BELT	1 IN-HOUSE TOURNAMENT
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Sammy has been with the Legion Kids program for 10 months. He has worked very hard in that time, developing his skills and growing through his white belt.

It took Sammy some time to really get into jiu-jitsu. He always participated in class and came consistently, but a few months in he just did not know how much he really liked it. Everyone who trains jiu-jitsu will hit plateaus at some point, and it does not matter if you are 4 or 45 years old.

To get through this plateau, Sammy did a handful of privates with Coach Mike to better understand submissions, and since then jiu-jitsu has really clicked for him. He shows great skill and understanding with his techniques and is a great training partner for anyone.

PILLAR OF THE MONTH · OCTOBER

PHYSICAL FITNESS

See How Stripes and Belts Work →

STRENGTH	SPEED	AGILITY	★ SPOTLIGHT STRIPE SPARRING
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For the month of October, students will be working on their Physical Fitness pillar. The Spotlight Stripe this month is Sparring. Sparring is where everything your child

learns gets put to the test in a safe, controlled way, and it is one of the best ways to build real confidence on the mats.

Students who take the sparring portions of classes seriously and show proper technique can receive their sparring stripes all month long.

Spotlight Stripes are the one stripe in a pillar that can be earned throughout the entire month, instead of only one week like the other three stripes that make up the pillar.

THAT'S A WRAP

THANKS FOR READING

That does it for another edition of the Little Legion Newsletter. Thank you for reading, and thank you for being part of the Legion family. We cannot wait to see your kids on the mats this month, and hopefully at the Trunk or Treat too!

As always, feel free to reply with any questions or anything you would like to see in a future edition.

Written by Coach Will

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You're receiving this because your child trains in the Legion kids program.

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