SPORTS ARNIS GRADING SYSTEM

VISION / MISSION

Arnis Pederasyong Internasyonal, Inc. (i-ARNS) aims to give recognition to special individuals for Arnis skills acquired or contributions done for the propagation of Arnis as a martial art and sport by classifying practitioners with a sports Arnis Grading System. This grading system is specifically designed for Arnis to standardize levels for all its practitioners. It will set up specific requirements to ensure that the rank given is in accordance to the criteria established to determine the level of expertise of the practitioner. This system will also protect the origins of the different Arnis styles and their masters, thereby protecting the history of the styles. Arnis Masters shall be given the proper stature and honor they truly deserve.

I. GRADING SYSTEM

The grading system of Arnis is the classification of ranks of the practitioners among its members as implemented by the Arnis Pederasyong Internasyonal, Inc. (i-ARNIS), the world governing body of Arnis. All members and affiliates should regulate their grading system according to the standards set by i-ARNIS.

Arnis players start with the rank of NOVICE LEVEL 1/WHITE BELT regardless of their age. Eventually, they are promoted to NOVICE LEVEL 2/YELLOW BELT, INTERMEDIATE LEVEL 1/GREEN BELT, INTERMEDIATE LEVEL 2/BLUE BELT, ADVANCED LEVEL/BROWN BELT, and then the MASTERS LEVEL/BLACK BELT DEGREES.

The practitioners earn these ranks through the criteria for promotions and upon satisfying the requirements of the Rank Promotion Committee set by i-ARNIS. Usually, the criteria are based on the number of years of training/teaching and the level of proficiency in the technical skills of the Art. These will be screened by the iARNIS Rank Promotion Committee and should be supported by proper documents and if necessary authentication will be required.

The rank of the Arnis practitioners is signified by belts just like the other martial arts. The wearing of the black belt connotes expertise of the Martial Art of Arnis. The descriptions of the belts are found below. Belts are made out of cloth with designated colors as specified by iARNIS.

A practitioner starts with White Belt and eventually promoted to the next higher level. Black Belt 10th Degree is the highest possible rank in Arnis. Black Belt 1st Degree is awarded to a practitioner who had undergone a minimum of one year continuous training from the time he started. The instructor must make sure that the student had already mastered all the fundamentals (basic strikes and blocks, offensive and defensive techniques, footwork and forms) before endorsing the application. The abilities and skills of the student must have been tried at least in tournaments and tests conducted by the instructor as a requirement in applying with the
II. CRITERIA FOR PROMOTIONS

A. The following are the general criteria:

1. **Active Membership** - Continuous membership with i-ARNIS. Absences or lapses in membership will be deducted from the length of time of membership and should be specified in applying for promotions.

2. **Activities/programs** - Participation in tournaments, seminars, demonstrations and propagation of Arnis in the different sectors of society (local, national and/or international).

3. **Technical Skills** - Proficiency in the art and/or winning in competitions.

4. **Time Element** - Based on the length of time of practice & study or service in the promotion of Arnis.

5. **Examinations** - Passing Written and Practical Exams which are given to applicants.

B. The following are the specific criteria:

1. **White Belt (any age)**
   - A beginner with little or no knowledge of Arnis

2. **Yellow Belt (7-17 yrs. of age)**
   - Must proficiently perform the basic stances
   - Must proficiently perform the basic strikes and blocks
   - Must proficiently perform the basic strikes with movements
   - Must proficiently perform the basic counter strikes
   - Must proficiently perform at least some basic Arnis drills

3. **Green Belt (7-17 yrs. of age)**
   - Must proficiently perform the basic stances
   - Must proficiently perform the basic strikes and blocks
   - Must proficiently perform the basic strikes with movements
   - Must proficiently perform the basic counter strikes
   - Must proficiently perform additional basic Arnis drills
   - Must proficiently perform at least three disarming techniques
   - Must proficiently perform twirling of sticks
   - Must be capable to spar with single Arnis stick
   - Must have sparred with sports Arnis padded sticks

4. **Blue Belt (7-17 yrs. of age)**
   - Must proficiently perform the basic stances
   - Must proficiently perform the basic strikes and blocks
   - Must proficiently perform the basic strikes with movements
   - Must proficiently perform the basic counter strikes
   - Must proficiently perform additional basic Arnis drills
   - Must proficiently perform at least six disarming techniques
   - Must proficiently perform twirling of sticks
   - Must proficiently perform some basic sparring with single and double sticks
   - Must have sparred with sports Arnis padded sticks

5. **Brown Belt (minimum 17 yrs. old)**
   - All of the above
   - Must proficiently perform at least some advanced Arnis drills
- Must proficiently perform at least twelve disarming techniques
- Must proficiently perform some advanced sparring with Arnis sticks
- Must proficiently perform basic Anyo.
- Application of advanced Arnis techniques for combat

6. Black Belt *(minimum 18 yrs. old)*
- All of the above
- Must have combinations of advanced stances, strikes, blocks, counter strikes, disarming
- Must have joined tournaments
- Must proficiently perform both basic and advanced Anyo.

### III. DESIGN OF THE BELTS

<table>
<thead>
<tr>
<th>White belt</th>
<th>Pure-White belt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellow belt</td>
<td>Yellow belt rimmed with Green</td>
</tr>
<tr>
<td>Green Belt</td>
<td>Green belt rimmed with Blue</td>
</tr>
<tr>
<td>Blue Belt</td>
<td>Blue belt rimmed with Brown</td>
</tr>
<tr>
<td>Brown Belt</td>
<td>Brown belt rimmed with Black</td>
</tr>
<tr>
<td>Black belt 1&lt;sup&gt;st&lt;/sup&gt; Degree</td>
<td>Black belt rimmed with red (#01 at the right side of the belt)</td>
</tr>
<tr>
<td>Black belt 2&lt;sup&gt;nd&lt;/sup&gt; Degree</td>
<td>Black belt rimmed with Red (#02 at the right side of the belt)</td>
</tr>
<tr>
<td>Black belt 3&lt;sup&gt;rd&lt;/sup&gt; Degree</td>
<td>Black belt rimmed with Red (#03 at the right side of the belt)</td>
</tr>
<tr>
<td>Black belt 4&lt;sup&gt;th&lt;/sup&gt; Degree</td>
<td>Black belt rimmed with Red (#04 at the right side of the belt)</td>
</tr>
<tr>
<td>Black Belt 5&lt;sup&gt;th&lt;/sup&gt; Degree</td>
<td>Black belt rimmed with Red (#05 at the right side of the belt)</td>
</tr>
<tr>
<td>Black belt 6&lt;sup&gt;th&lt;/sup&gt; Degree</td>
<td>Black belt rimmed with red (#06 at the right side of the belt)</td>
</tr>
<tr>
<td>Black belt 7&lt;sup&gt;th&lt;/sup&gt; Degree</td>
<td>Black belt rimmed with Red (#07 at the right side of the belt)</td>
</tr>
<tr>
<td>Black belt 8&lt;sup&gt;th&lt;/sup&gt; Degree</td>
<td>Black belt rimmed with Red (#08 at the right side of the belt)</td>
</tr>
<tr>
<td>Black belt 9&lt;sup&gt;th&lt;/sup&gt; Degree</td>
<td>Black belt rimmed with Silver (#09 at the right side of the belt)</td>
</tr>
<tr>
<td>Black Belt 10&lt;sup&gt;th&lt;/sup&gt; Degree</td>
<td>Black belt rimmed with Gold (#10 at the right side of the belt)</td>
</tr>
</tbody>
</table>
IV. DESCRIPTION OF RANKS:

*A Female Black Belt is called LAKAMBINI. A Male Black Belt is called LAKAN.

<table>
<thead>
<tr>
<th>RANK</th>
<th>Description/Level</th>
<th>ENGLISH</th>
<th>FILIPINO</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Belt</td>
<td>Novice</td>
<td>Baguhan</td>
<td></td>
</tr>
<tr>
<td>Yellow Belt</td>
<td>Intermediate 1</td>
<td>Sanay 1</td>
<td></td>
</tr>
<tr>
<td>Green Belt</td>
<td>Intermediate 2</td>
<td>Sanay 2</td>
<td></td>
</tr>
<tr>
<td>Blue Belt</td>
<td>Intermediate 3</td>
<td>Sanay 3</td>
<td></td>
</tr>
<tr>
<td>Brown Belt</td>
<td>Advanced</td>
<td>Bihasa</td>
<td></td>
</tr>
<tr>
<td>Black Belt 1st Degree</td>
<td>Master 1</td>
<td>Lakan/Lakambini Isa</td>
<td></td>
</tr>
<tr>
<td>Black Belt 2nd Degree</td>
<td>Master 2</td>
<td>Lakan/Lakambini Dalawa</td>
<td></td>
</tr>
<tr>
<td>Black Belt 3rd Degree</td>
<td>Master 3</td>
<td>Lakan/Lakambini Tatlo</td>
<td></td>
</tr>
<tr>
<td>Black Belt 4th Degree</td>
<td>Master 4</td>
<td>Lakan/Lakambini Apat</td>
<td></td>
</tr>
<tr>
<td>Black Belt 5th Degree</td>
<td>Master 5</td>
<td>Lakan/Lakambini Lima</td>
<td></td>
</tr>
<tr>
<td>Black Belt 6th Degree</td>
<td>Senior Master 1</td>
<td>Lakan/Lakambini Anim</td>
<td></td>
</tr>
<tr>
<td>Black Belt 7th Degree</td>
<td>Senior Master 2</td>
<td>Lakan/Lakambini Pito</td>
<td></td>
</tr>
<tr>
<td>Black Belt 8th Degree</td>
<td>Senior Master 3</td>
<td>Lakan/Lakambini Walo</td>
<td></td>
</tr>
<tr>
<td>Black Belt 9th Degree</td>
<td>Senior Master 4</td>
<td>Lakan/Lakambini Siyam</td>
<td></td>
</tr>
<tr>
<td>Black Belt 10th Degree</td>
<td>Grand Master</td>
<td>Lakan/Lakambini Sampu</td>
<td></td>
</tr>
</tbody>
</table>

V. TIME & AGE REQUIREMENT FOR RANKS

A beginner starts as a novice and is considered a White Belt if he/she has little or no knowledge of Arnis regardless of age. Yellow, Green and Blue belts are only given to minors from the ages of seven (7) up to seventeen (17). As for a Brown Belt, he/she should be at least seventeen (17) years of age to be regarded as such. For Black Belts, the minimum age is eighteen (18).

A Lakan/Lakambini or Black Belt may apply for a higher rank if he or she continues to be active in the field of Arnis. The practitioner can be recommended for promotion to Black Belt by his/her Instructor. Aside from age, a minimum number of years of practice and residency are required to qualify for the next rank. In order to be a Lakan/Lambini Sampu or Black Belt 10th Degree, it will take the Arnisador at least forty seven years of active practice of arnis. If he/she becomes a Black Belt 1st degree by eighteen (18), he/she could be granted a Black Belt 10th Degree only by at least reaching the age of 65.
<table>
<thead>
<tr>
<th>RANK</th>
<th>Minimum Years of practice</th>
<th>Minimum Age</th>
<th>Minimum number of years = 47</th>
</tr>
</thead>
<tbody>
<tr>
<td>White Belt</td>
<td>none</td>
<td>none</td>
<td></td>
</tr>
<tr>
<td>Yellow Belt</td>
<td>none</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Green Belt</td>
<td>none</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Blue Belt</td>
<td>none</td>
<td>7</td>
<td></td>
</tr>
<tr>
<td>Brown Belt</td>
<td>none</td>
<td>17</td>
<td></td>
</tr>
<tr>
<td>Black Belt 1st Degree</td>
<td>1</td>
<td>18</td>
<td></td>
</tr>
<tr>
<td>Black Belt 2nd Degree</td>
<td>2</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Black Belt 3rd Degree</td>
<td>3</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td>Black Belt 4th Degree</td>
<td>4</td>
<td>27</td>
<td></td>
</tr>
<tr>
<td>Black Belt 5th Degree</td>
<td>5</td>
<td>32</td>
<td></td>
</tr>
<tr>
<td>Black Belt 6th Degree</td>
<td>5</td>
<td>37</td>
<td></td>
</tr>
<tr>
<td>Black Belt 7th Degree</td>
<td>6</td>
<td>43</td>
<td></td>
</tr>
<tr>
<td>Black Belt 8th Degree</td>
<td>6</td>
<td>49</td>
<td></td>
</tr>
<tr>
<td>Black Belt 9th Degree</td>
<td>7</td>
<td>56</td>
<td></td>
</tr>
<tr>
<td>Black Belt 10th Degree</td>
<td>8</td>
<td>65</td>
<td></td>
</tr>
</tbody>
</table>

**VI. EXEMPTIONS FROM AGE AND TIME REQUIREMENT FACTORS:**

Practitioners falling under these exemptions may not go through the usual procedure of rank promotions, provided that he/she is eighteen years old and above.

**Medalist in Arnis Tournament**

- Practitioners who have earned a medal in an international or national tournament may be promoted to the next higher rank by the iARNIS Rank Promotion Committee. He/she must submit a recommendation or application and other requirements.
- Practitioners who have shown exemplary skills in competitions may be considered for promotions. The member must submit a recommendation from his/her club to the i-ARNIS Rank Promotion Committee.

**School Teachers**

- School teachers who have taught Arnis for a minimum of Two(2) years may be qualified for promotion to Black Belt 1st Degree.
- Must be a member of iARNIS for at least one (1) year.
- Must have completed the iARNIS Fundamental Course
- Must have completed the iARNIS Guro Course

**Honorary Rank**

- Honorary ranks are given to people who have high positions in their respective fields, dignitaries, and the like, who have made significant/exemplary contributions to the promotion of Philippine Arnis and i-ARNIS, this is accompanied by a board resolution and given a Honorary Rank Certificate.
XII. BELTS DIAGRAM

**White Belt**
L - 108.5” (2.8 meters)  
W - 1.7”

**Yellow Belt**
L - 108.5” (2.8 meters)  
W - 1.7” w/ 0.2” Green lining

**Green Belt**
L - 108.5” (2.8 meters)  
W - 1.7” w/ 0.2” Blue lining

**Blue Belt**
L - 108.5” (2.8 meters)  
W - 1.7” w/ 0.2” Brown lining

**Brown Belt**
L - 108.5” (2.8 meters)  
W - 1.7” w/ 0.2” Black lining

**BLACK BELT**: Length - 108.5” (2.8 meters) , Width - 1.7” w/ 0.2” Red lining

**Black Belt 1st Degree**

**Black Belt 9th Degree**
L - 108.5” (2.8 meters)  
W - 1.7” w/ 0.2” Silver lining

**Black Belt 10th Degree**
L - 108.5” (2.8 meters)  
W - 1.7” w/ 0.2” Gold lining
Code of Ethics:

1. Arnis is a sport that aims to bond and develop friendship and brotherhood.
2. It is never a sport to hurt and defeat the opponent but to improve the skills of the players.
3. It aims to develop the mind, the physique and the character of the player.
4. Arnis is played to develop the social aspect that will lead to the close bonding of all practitioners.
5. All the practitioners must respect each other. They salute each other when they meet and depart. The juniors must salute first and maintain the position until the seniors answer their salute.
6. The juniors do not have the right to challenge to fight the seniors unless in the program set by their association to fulfill an objective.
7. All the practitioners continue to train as there is always room for improvement or advancement.
8. Each practitioner must share with other beginners or practitioners the advancement attained.
9. All practitioners must desire to strengthen the Arnis family he belongs by sharing love, knowledge and understanding.
10. All practitioners must remember that Arnis is not a means to fight people but to bond with them for life improvement.

Reference:

1. English-Pilipino Dictionary
   by Vito Santos & Luningning Santos, 1995
   Anvil Publishing
2. Diksyunaryo-Tessauro
   Filipino-Ingles by J.V. Panganiban, 1972
   Manapaz Publishing
3. Diksyunaryo ng Wikang Filipino
   by KWF, 1998