

## Brief History of Martial Arts Gi

The Gi is traditional uniform for martial arts. It is an unrestrictive clothing specifically designed for martial arts therefore reduces the stress of rips or damaging other clothing items. Martial Arts can encompass a wide variety of strikes, kicks or throws, etc. The Gi was designed to maximise mobility and speed to execute said movements with ease and comfort.

The Gi is comprised of a jacket, pants, and belt. A student's rank is signified by not only the colour of their belt but also by colour of their uniform.

Traditional martial arts often wore the colour white.

As a modern martial arts school who takes inspiration from many different styles we have implemented a belt system that incorporates many styles rolled into one. We also have a unique ranking system that can also be visually observed by the colour of the students uniform.

Below is the what the different coloured Gi means at Wilkes Martial Arts.

### **Grey Uniform**

The grey uniform symbolises a beginner student. A beginner student wears their grey uniform for the first 2 years of their training.

### **Black Pants**

Black pants show an Intermediate student who has trained for a minimum of 2 years. This student is almost halfway toward their black belt.

### **Blue Jacket**

Blue Jacket show a Senior student who has trained for a minimum of 3 years. This student is well on their way toward achieving their Black Belt.

### **Red Jacket**

Once a student has achieved their black belt and they continue training consistently over 12 months, they are eligible to grade for their second-degree black belt or their second dan. If a student passes their grading, they are awarded a Red jacket, identifying them as a second dan.

### **Black Jacket**

The black jacket symbolises a highly experienced senior student who has reached the level of 3<sup>rd</sup> degree black belt and has trained for longer than 7.5 years. Achieving a black jacket shows dedication and commitment to their training and personal improvement.