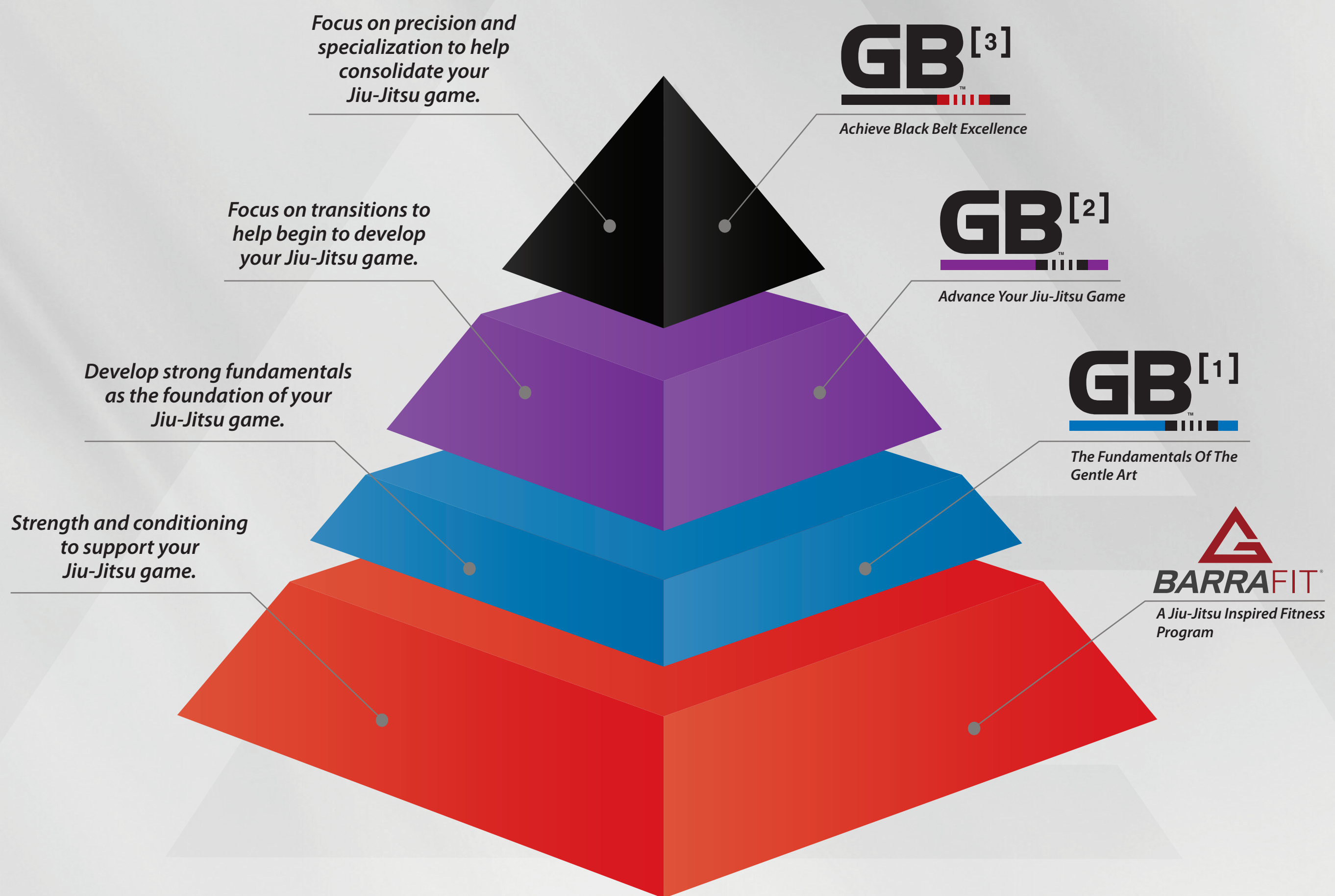




## ADULT PROGRAM STRUCTURE



	Attendance	Rank	Age	Uniform	
	2 Times Per Week	None	16 Years or Older	GB Official No-Gi Uniform, GB Official BarraFIT Uniform.	
		White Belt		White or Blue GB Official Gi, GB Rashguard and GB Belt	
		White Belt 3 Stripes and Up		<b>Gi Classes</b> White or Blue GB Official Gi, GB Rashguard and GB Belt	<b>No-Gi Classes</b> Ranked GB Rash Guard and Black GB Shorts
		Blue Belt and Up			