



*Piscataway Martial Arts  
A Goshin Jitsu MMA Training Program*



## Your Kyu-Rank Journey (Colored Belt)

*The goal of your training is to achieve knowledge. Knowledge and execution of that knowledge are the keys to your success throughout this journey. The ranks you reach along your journey are simple mile-markers to help you remember how hard you have been training. A consistent level of effort and performance at every class is what allows you to rise above the rest. Only YOU can determine how quickly or how slowly you progress..*

**Piscataway Martial Arts  
Kyu Ranks**

- Brown
- Green
- Blue
- Purple
- Yellow
- White

**Goshin Jitsu** : Techniques for  
defense of the body

**Martial Arts** : Dance of War

