

1st TIP TEST

BASICS: _____

 SELF DEFENSE: _____

 SPARRING: _____

 DATE: _____

2nd TIP TEST

BASICS: _____

 SELF DEFENSE: _____

 UNIVERSAL SET: _____

 SPARRING: _____

 DATE: _____

BLACK BELT TEST

BASICS: _____

 SELF DEFENSE: _____

 FORM 2: _____

 SPARRING: _____

 DATE: _____

Write a paragraph on PERSISTENCE and how you use it in your day to day life. Must be completed and excepted prior to your BLACK BELT test
 Date: _____

REQUIREMENTS FOR Jr./TEEN BLACK BELT

VERSION 4.0 6-7-12



NAME: _____
 DATE: _____

BASICS

1st TIP

SPECIAL MOVES AND METHODS

Scissor Takedown _____
 Drop Spinning Sweep _____

FITNESS

THREE TO FAILURE
 Student will be required on test day to perform a series of Squats, Push-ups, and Crunches to failure prior to testing.

FORMS/SETS

2nd TIP

Universal Set mechanical _____ execution _____

BELT

Form 2: mechanical _____ execution _____

SPARRING

STRIKING

Combination 18
 Jab-Cross-Jab-Scissor Takedown _____
 Combination 19
 Step-thru Roundhouse Kick - Double Crescent Kick _____
 Combination 20
 Jab-Cross Jab - Jump Spinning Back Kick _____

SPARRING

Standing Grappling with two different submissions _____
 Sparring a Jr. Student (teaching skills) _____

 Sparring a Sr. Student (skill) _____

 Sparring three students simultaneously _____

BREAKING

Student will be required to make three wood breaks of his/her choice
 Hand/Elbow _____ Kick _____

SELF DEFENSE

1st TIP

SLIPPING FANS (left jab, right cross)
 ENTWINED FANS (left jab, right cross)

2nd TIP

TRIPLE THREAT (left-right-left combination-RNB)
 DANCE INTO DARKNESS (right front kick, right punch)

BELT

EVADING THE LANCE (right low knife thrust)
 ASCENDING THE LANCE (right knife thrust)

WHAT IS A BLACK BELT?

Black Belt, the end of one journey and the beginning of another. At this level, the Junior student has reached their first long term goal. On average, it takes about three years to get a Junior Black Belt. In that time, the student will have learned alot about themselves. They have learned that if they want something bad enough, that with hard work and perseverance, they will probably get it. They have learned that they can take bumps, bruises, hits, kicks, and still finish the fight. They are stronger and know that strength comes from exercise and practice. They are confident knowing that they can defend themselves and those that can't. They are smarter having learned life skills such as responsibility, fitness, goal setting, focus, teamwork, communication, and listening. They are positive in character having developed discipline, self-control, respect, courage, courtesy and integrity. They are the kind of person everyone would like to have as a friend and parents can be proud of. The Junior Black Belt has made a journey that many have started and only a few have finished. When the Junior puts on their Black Belt, they not only have the POWER that comes with wearing it, but also the RESPONSIBILITY that comes with wearing it. While no one will ever take their belt away once earned, in order to maintain their training, they must still uphold to the responsibility of never mis-using their knowledge and skill to hurt or take advantage of others.