

Black Belt Cycle

October 2025 – April 2026

Required Curriculum

Kickboxing K1-K4
Force 4
Long 4(2) **For degrees only.*
Self Defense Techniques
Double Tonfa

Thesis Kata

1st Degree= Empty Hand
2nd Degree= Weapon Kata
3rd Degree= Multiple Attackers
4th Degree= Partner Kata

Required gear

Kickboxing Gear
Tonfas
Bag Gloves

Team Kata

Ankeny= Force 2
Johnston= Tiger Set
Waukee= Strike Set
WDM= Short 2

Classes

Students must complete 50 regular black belt classes and 21 sparring classes by exam day.

WK	DATE	CURRICULUM
1	11/2/2025	KBOX Combo 1
2	11/9/2025	KBOX Combo 2
3	11/16/2025	KBOX Combo 3
4	11/23/2025	KBOX Combo 4
5	11/30/2025	KBOX Combo Review
6	12/7/2025	Force 4/Long 4(2)
7	12/14/2025	Force 4/Long 4(2)
8	12/21/2025	Dojo Closed for Holidays
9	12/28/2025	Dojo Closed for Holidays
10	1/4/2026	Force 4/Long 4(2)
11	1/11/2026	Force 4/Long 4(2)
12	1/18/2026	Force 4/Long 4(2)
13	1/25/2026	Force 4/Long 4(2)
14	2/1/2026	Kata Review, Team Kata
15	2/8/2026	Self Defense
16	2/15/2026	Self Defense
17	2/22/2026	Double Tonfa
18	3/1/2026	Double Tonfa
19	3/8/2026	Double Tonfa
20	3/15/2026	Dojo Closed for Spring Break
21	3/22/2026	Double Tonfa
22	3/29/2026	Double Tonfa
23	4/5/2026	Pre Exam Week
24	4/12/2026	Exam Preparation
25	4/19/2026	Exam Preparation
26	4/26/2026	Graduation Preparation
27	5/3/2026	Graduation Preparation

Must attend all 3 phases to qualify for rank.

Estimated dates subject to change.

1. Pre Exam – 4/11/26
2. Exam – 4/25/26
3. Graduation – 5/3/26

Bonus Opportunity:

Anyone competing in 2 or more IAMARRS tournaments between 11/2/25 and 4/25/26 may substitute one of the following: ***Pull ups, push ups, sit ups, or run.*** ***If not used for fitness requirements, then you can apply it toward your score for an increase of .10.*** Must compete in sparring and either weapons or forms in the pro divisions.

Graduation Performance:

All students in the black belt class will be performing on the graduation regardless of pass, fail or eligibility. You are part of an elite team of students. Support and participate with your team so you may better prepare for future exams.

Fitness Requirements:

Candidates must qualify for pre-exam by demonstrating all of the fitness requirements in front of an instructor during the course of a belt cycle. Requirements include Pull ups, Push ups, Sit ups, Board breaks, and Bag kick.

Techniques

1. Punch
2. Push
3. Kick
4. Wrist Grab
5. Choke
6. Bear Hug