

Black Belt Cycle

April 2026 – October 2026

Required Curriculum

Kickboxing K5-K8
Action Set
Long 5 **For degrees only.*
Self Defense Techniques
Universal Staff

Thesis Kata

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

Required gear

Kickboxing Gear
Bo Staff
Bag Gloves

Team Kata

Ankeny= Short 2
Johnston= Force 1 and 2
Waukee= Long 1
WDM= Tiger Set

Classes

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

WK	DATE	CURRICULUM
1	5/3/2026	KBOX Combo 5
2	5/10/2026	KBOX Combo 6
3	5/17/2026	KBOX Combo 7
4	5/24/2026	KBOX Combo 8
5	5/31/2026	KBOX Combo Review
6	6/7/2026	Self Defense
7	6/14/2026	Self Defense
8	6/21/2026	Action Set/Long 5
9	6/28/2026	Action Set/Long 5
10	7/5/2026	Action Set/Long 5
11	7/12/2026	Action Set/Long 5
12	7/19/2026	Action Set/Long 5
13	7/26/2026	Action Set/Long 5
14	8/2/2026	Action Set/Long 5
15	8/9/2026	Kata Review, Team Kata
16	8/16/2026	Self Defense
17	8/23/2026	Self Defense
18	8/30/2026	Universal Staff
19	9/6/2026	Universal Staff
20	9/13/2026	Universal Staff
21	9/20/2026	Universal Staff
22	9/27/2026	Universal Staff
23	10/4/2026	Exam Preparation
24	10/11/2026	Exam Preparation
25	10/18/2026	Graduation Preparation

Must attend all 3 phases to qualify for rank.

Estimated dates subject to change.

1. Pre Exam – 9/26/26
2. Exam – 10/17/26
3. Graduation – 10/25/26

Bonus Opportunity:

Anyone competing in 2 or more IAMARRS tournaments between 5/3/2026 and 10/17/26 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.