Black Belt Cycle

October 2026 - April 2027

Required Curriculum
Kickboxing K9-K12
Short 3
Long 5(B) **For degrees only.*
Self Defense Techniques
Padded Stick Training

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

Required gear
Kickboxing Gear
Padded Arnis Stick
Face Shield
Bag Gloves

Team Kata
Ankeny= Block/Punch Set
Johnston= Long 1
Waukee= Tiger Set
WDM= Short 2

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

WK	DATE	CURRICULUM
1	10/25/2026	KBOX Combo 9
2	11/1/2026	KBOX Combo 10
3	11/8/2026	KBOX Combo 11
4	11/15/2026	KBOX Combo 12
5	11/22/2026	KBOX Combo Review
6	11/29/2026	Self Defense
7	12/6/2026	Self Defense
8	12/13/2026	Short 3/Long 5
9	12/20/2026	Dojo Closed for the Holidays
10	12/27/2026	Dojo Closed for the Holidays
11	1/3/2027	Short 3/Long 5
12	1/10/2027	Short 3/Long 5
13	1/17/2027	Short 3/Long 5
14	1/24/2027	Short 3/Long 5
15	1/31/2027	Short 3/Long 5
16	2/7/2027	Short 3/Long 5
17	2/14/2027	Kata Review, Team Kata
18	2/21/2027	Self Defense
19	2/28/2027	Self Defense
20	3/7/2027	Padded Stick
21	3/14/2027	Dojo Closed for Spring Break
22	3/21/2027	Padded Stick
23	3/28/2027	Padded Stick
24	4/4/2027	Padded Stick
25	4/11/2027	Padded Stick
26	4/18/2027	Exam Preparation
27	4/25/2027	Exam Preparation
28	5/2/2027	Graduation Preparation

Must attend all 3 phases to qualify for rank.
Estimated dates subject to change.

1. Pre Exam – 4/10/27
2. Exam – 4/24/27
3. Graduation – 5/2/27

Bonus Opportunity:
Anyone competing in 2 or more IAMARRS tournaments between 10/26/2026 and 4/24/27 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.