

Black Belt Exam

Must attend and complete all 3 phases of the exam

1. Pre-Exam To qualify for pre-exam you must satisfy the following criteria:

- A.) Successfully completed the 'flip' exam or previous black belt exam.
- B.) Have the potential to complete the minimum number of required karate classes and sparring classes by belt exam date. On average you must attend 2.5 regular karate classes per week and at least 1 sparring class per week.
- C.) Have met the minimum fitness requirements during Progress Testing.
(Run, pushups, situps, pullups, etc...)
- D.) Be able to break the required boards with each of the 6 required methods.
(palm strike, front kick, inward elbow, side kick, hammerfist, spin back kick)
- E.) Be able to kick the hand target the minimum distance of 25 ft.

Pre exam may consist of any of the following:

2 mile Run, pushups, situps, pullups, bag kick, board breaking, sparring, etc...

2.Exam Day

To qualify for exam day you must have successfully passed the pre-exam.

Exam day may consist of any of the following:

Basics, bag work, weapons, kata, self-defense and sparring. You must have a 2.0 average score to pass the exam.

3. Graduation

To qualify for graduation you must successfully pass the exam.

To earn your belt and diploma you must attend the graduation. The graduation counts as 1/3rd of your total score. You must be able to collaborate with your teammates, support your fellow classmates, and perform under pressure.

Fitness Requirements

	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Degree
2 Mile Run	29 Minutes	28 Minutes	27 Minutes	26 Minutes	24 Minutes	22 Minutes
10 Pull Ups	5 Attempts	4 Attempts	4 Attempts	3 Attempts	3 Attempts	2 Attempts
Board Breaking	6 Different Breaks of Re-breakable Boards. Palm strike, Inward Elbow, Hammer fist, Front Kick, Side Kick, Spin Back Kick					1 Brick per Degree
40 Sit Ups	1 Minute					
15 Push Ups	1 Attempt. Body must remain straight, hands in line with shoulders, no knees touching the ground. You have 30 seconds to complete this.					
Roundhouse bag kick	Your score will be based on the distance of the kick. Minimum distance 25 foot.					
Basics	All stances, blocks, punches, kicks, strikes, etc...					
Sparring	Tournaments style point sparring. (double elimination)					
Self Defense	Be prepared to defend against random attacks chosen by the instructor.					

Breaking Requirements

Board/Brick breaking -

-Students testing for 1st Grade Black belt. You will be tested on the 6 board breaks. If all boards broken then your score will be a 2.0, Subtract .10 for each board not broken.

-Students testing for 2nd-5th Grade Black belt. You must choose one hand technique and one foot technique. If both boards are broken then your score will be a 2.0, Subtract .30 for each board not broken.

-Students testing for A 1st level of a Degree will break 1 brick for each degree. If you break your bricks then your score will be a 2.0, otherwise your score will be 0.0.

1st Degree 1st level=1 brick

2nd Degree 1st level=2 bricks

3rd Degree 1st level=3 bricks, etc...

-Students testing for a 2nd-5th Level of a Degree Black belt. You must choose one hand technique and one foot technique. If both boards are broken then your score will be a 2.0, Subtract .30 for each board not broken.

Attendance Requirements

Students planning to exam will find the minimum number of training classes and sparring classes on the Cycle list sheet found at www.mydojos.info.

Students not planning to test must maintain a minimum of 25 training classes and 20 sparring classes to qualify for the following exam.

Any Black Belt that doesn't make the minimum 25 classes and 20 sparring classes (including degrees) during a Cycle will have their test date automatically moved to the next test date after the one they are scheduled for.

Thesis Kata

Students testing to degrees of black belt must complete a thesis kata. This kata must be of your own creation and must be accompanied with a written thesis explaining the concepts or theories behind the movements.

Black Belts testing to 1st Degree- Topic=Empty hand kata.

Black Belts testing to 2nd Degree- Topic=Weapon kata.

Black Belts testing to 3rd Degree- Topic=Multiple Attacker kata.

Black Belts testing to 4th Degree- Topic=Partner kata.

Jr. Level Black Belt

Students must be 16 years of age to test to 2nd degree. Any students ranked 1st degree black belt under the age of 16 will test for Jr. Levels.