

Black Belt Testing Requirements:

White Stripe: (Black Belt Pre-test)

- At this point in the Students karate practice, they must be able to show they understand how to apply the techniques to situations and be able to put sequences together.
- Begin to do advanced spinning and aerial techniques.
- Must be perform their original Black Belt kata

Black Belt: (THIS IS A 4 CLASS TEST)

DAY 1

- During this testing session they must be able to show they are comfortable applying the techniques to situations and be able to put sequences together in multiple different situations.
- Must be able to do advanced spinning and aerial techniques and combinations with confidence.
- Student must perform Taikyoku One, Pinan Three, Advanced Heyan Two & Bassai Di Katas.
- Student must perform their original Black Belt kata that they have created.
- Student must perform a double board break..

DAY 2 (scheduled evening 7:15pm class during the Final Testing Week sessions)

- Drills on the heavy bags and target mits, spinning and aerial combinations
- Self defense - all attackers are Black Belts and all attacks are multiple attackers at once

DAY 3 (scheduled evening 7:15pm class during the Final Testing Week sessions)

- Conditioning and endurance is always a big part of testing. Student must show that they can train hard and still have energy to fight.
- Student must do 10 rounds of fighting against Black Belts (5 rounds of ground fighting against 2 black belts , 3 rounds of stand up fighting against 1 black belt & 2 rounds of 45 seconds against 2 Black Belts at one time.)

DAY 4 (scheduled evening 7:15pm class during the Final Testing Week sessions)

- Bo Staff Jump– Student must jump over a bo staff multiple time while it is swung at their feet.
- Circle Ground Fight– Student must kick and punch multiple targets in a circle configuration while rolling on the ground.