

Black Belt Testing Requirements

Option One

1. Must be 1st KYU brown belt for at least 8 months
2. Must be attending class on a regular basis
3. Must be able to lead the class without assistance
4. Know all the charts (katas and techniques)
5. Must complete and turn in training schedule

The Test

1. Perform all katas

Performed with purpose (as if you are fighting and invisible opponent) in sparring), need to see power through out all the katas. If you make a mistake correct it or simply continue past the mistake or ask to start over. Demonstrate knowledge of all charts 9th through 1st KYU. This portion of the test will be conducted at a date prior to number 2 the Kumite portion.

2. Kumite 5 class mates and 5 black belts

Sparring; you must demonstrate a variety of techniques, Spin kicks, hook kicks, back kicks etc. drive your opponents back.

Stamina is a big factor; you need to conserve energy but still put everything you can into the task.

Composure; cannot show frustration, anger or that you made a mistake.

This portion of your test will take place either during regular testing or at promotions.

Cost

Testing fee is \$100 and includes your belt. Once you and Sensei Britni have decided you are ready to test and mutually agreed upon date you will receive a testing sheet with the date time, and cost.

It is also suggested that you purchase a heavy weight gi, cost range between \$65 and \$100 depending on size. Remember once you become a black belt monthly dues are no longer required. Provided you attend all testings, promotions and first of the month to help with new students. It is suggested you join the Jujitsu class if you aren't already; you have to be a Jujitsu black belt in order to become a Third Dan with School of the Tiger.

Black Belt Testing Requirements

Option Two

1. Must be 1st KYU brown belt
2. Must have been attending class on a regular basis for at least 5 years
3. Must be currently sparring 5 consecutive matches
4. Must have competed in at least one tournament
5. Must be able to lead the class without assistance
6. Must attend 4 consecutive black belt class (you will be tested at the fourth class for your knowledge of the charts and katas).

The Test

Kumite 5 KYU ranks and 5 Dan ranks

Sparring; you must demonstrate a variety of techniques, Spin kicks, hook kicks, back kicks etc. dive your opponents back.

Stamina is a big factor; you need to conserve energy but still put everything you can into the task.

Composure; cannot show frustration, anger or that you made a mistake.

This portion of your test will take place either during regular testing or at promotions.

Cost

Testing fee is \$100 and includes your belt. Once Shihan has decided you have successfully demonstrate all charts and katas and meet all requirements you will be promoted.

It is also suggested that you purchase a heavy weight gi, cost range between \$65 and \$100 depending on size. Remember once you become a black belt monthly dues are no longer required. Provided you attend all testing's, promotions and first of the month to help with new students. It is suggested you join the Jujitsu class if you aren't already; you have to be a Jujitsu black belt in order to become a Third Dan black belt with School of the Tiger.

Qualities of a black Belt

1. Hold yourself to a higher standard than others hold you to.

Work, study, and train harder and behave better than is expected of you.

2. Compare yourself, not to others, but to your own potential.

Strive to exceed your personal abilities. Build your own strengths.

3. Keep your emotions in balance.

If we become overly emotional, we lose our ability to act appropriately.

4. Your word is law.

Do anything and everything you say you are going to do.

5. When life knocks you down simply get up and keep going.

Learn from your mistakes; look for the good in every situation.

6. Give a 100% in everything you do.

Ask yourself often, could I have done better.

7. Set your standards high, when you reach your goals set the standard even higher

Be happy with what you have accomplished, but never be satisfied. There will always be room for improvement.

8. Respect and courtesy.

Have respect for yourself and others and show that respect through courtesy.