



## Requirements for Level III through First Degree Black Belt

### Requirements for Low Brown to Prep Cycle

A Low Brown Belt is required to know all their curriculum for Level I and Level II. A curriculum disk of all Level I and Level II forms and combos will be provided so students can review them on their own. At this time we advise all students to start eating healthy food, drink plenty of water, and condition their bodies so that they will be ready to test with the Black Belts. Also there are book tests for each level that should be completed before a student tests for High Brown. These books are listed below and their tests will be given to you on a disk or go to our web site. (Please make sure you make multiple copies of each book test.) Leadership students have separate workbooks for Level I and Level II that should be completed before they reach Level III.

#### Book Tests for Level I:

The Psychology of Winning by Dr. Denis Waitly

Maximum Achievement by Brian Tracy

(Leadership only)

The 17 Indisputable Laws of Team Work workbook by John C. Maxwell

#### Book Tests for Level II:

Against All Odds, My Story by Chuck Norris with Ken Abraham

What to Say when You Talk to Yourself by Shad Helmstetter

## The 21 Irrefutable Laws of Leadership workbook By John Maxwell

### Book Tests for Level III:

The West Point Way of Leadership by Col. Larry R. Donnthorne

(18+) The 7 Habits of Highly Effective People by Stephen R. Covey

(Under 18) The 7 Habits of Highly Effective Teens by Sean Covey

(Leadership/Master Club/Black Belts)

### Requirements for Brown Red Belts

All Brown Red belt students must start S.W.A.T. classes. Swatters' help out and teach lower belt classes. They will need to complete 16 S.W.A.T. classes along with Curriculum classes before the next progress check. Then the second cycle of being a Brown Red they will need to meet the same number of S.W.A.T. and Curriculum classes to test for High Brown. Please read the S.W.A.T. Team Outline provided for a more detailed explanation on what S.W.A.T. entails. A mandatory hour and a half class on teaching students how to S.W.A.T. will be taught once a month by Master Lewis. All instructors, Brown Red, High Browns and Black Belts need to take this class. Here is a list of all Friday night S.W.A.T training classes.

January 18, 2013 (6:00 PM at Lakewood)

February 15-16 2013 Black Belt Test

March 15, 2013 (6:00 PM at Lakewood)

April 19-20, 2013 Black Belt Test

May 17, 2013 (6:00 PM at Lakewood)

June 21-22, 2013 Black Belt Test

July 19, 2013 (6:00 PM at Lakewood)  
August 16-17, 2013 Black Belt Test  
September 20, 2013 (6:00 PM at Lakewood)  
October 18-19, 2013 Black Belt Test  
November 15, 2013 (6:00 PM at Lakewood)  
December 13-14, 2013 Black Belt Test  
January 24, 2014 (6:00 pm at Lakewood)  
February 21, 2014 (6:00 pm at Lakewood)

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## **2012**

September 7, 2012 (6:00 PM at Lakewood)  
October 20, 2012 (6:00 PM at Lakewood)  
November 9, 2012 (6:00 PM at Lakewood)  
December 14-15, 2012 Black Belt Test

Once a Brown Red belt has learned their entire curriculum for Level III, they are eligible to test for their High Brown belt at a Black Belt test. All Black Belt tests start on Friday nights at 6:00 pm at the Lakewood School, unless otherwise stated. Please bring all sparring gear, uniform (no T-shirts will be allowed during formal testing), running shoes/clothes, weapons, jump ropes and food/water to Black Belts tests. A Black Belt test will follow a generalized schedule, such as 6:00PM bow in, warm up, pod work on basics, Levels I, II, and III, sparring and a formal test. **If the test is over two days expect an overnight assignment** and show up in

appropriate running clothes on the second day. At least 2 week before going to a Black belt test start drinking lots water. Your intent-to-promote form should be turned in 2 weeks before your test. Your class attendance and S.W.A.T. Card should be signed by an Instructor and bring to your test. Make sure to have all leadership workbooks and copies of your book tests ready to turn to the test. Also mark all sparring equipment and weapons with the name of your child, so you don't lose them at the test. Plus bring inhalers (if needed), Advil/Tylenol, band aids, athletic tape, extra uniforms, a camera, and easy to grab and eat lunches and water bottles with you to the test. Here is a list of Black Belt tests dates for the 2012/2013 and 2014 calendar year:

February 15-16 2013 (Friday/Saturday at TBA)

April 19-20, 2013 (Friday/Saturday at TBA)

June 21-22 2013 (Friday/Saturday at TBA)

August 16, 17 2013 (Friday/Saturday at TBA)

October 18, 19 2013 (Friday at TBA)

December 13, 14 2013 (Friday/Saturday at TBA)

February 13, 14 2014 (Friday/Saturday at TBA)

April 18, 18 2014 (Friday/Saturday at TBA)

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## **2012**

October 19<sup>th</sup> and 20<sup>th</sup> 2012 (Friday/Saturday at TBA)

December 14-15, 2012 (Friday at TBA)

**Note: As we grow, test will be held outside the school**

## Requirements for High Brown Belts:

A High Brown Belt needs to polish everything he/she has learned. They also need to assist in S.W.A.T. classes and take S.W.A.T. training classes. All Book tests and Leadership work books must be done at this time. High Brown belts must have at least one progress check at a Black Belt test before testing into Prep-Cycle, which can only be done at the February and August Black Belt Tests. A Prep-Cycle student is a High Brown Belt that is training and honing their skills to earn their Conditional Black Belt. The Prep-Cycle lasts 9/11 weeks and requires students to participate in extra classes outside their required 16 attendance/S.W.A.T classes that's need to test for their next rank. The following information explains in detail, what is expected of a student going through Prep-Cycle:

### Purpose of the Prep-Cycle:

- Provide a platform for extensive physical training of martial arts skill, for endurance, strength, and flexibility
- Provide an opportunity for the student to display dedication to training individually, and as a Team member
- Provide recurring opportunities for the student to demonstrate the characteristics of a Black Belt: Modesty, Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit
- Challenge yourself to be the best you can be at all times!

### What to Bring to every Prep- Cycle class:

- Weapons (Bo Staff, Kamas, Sticks, and Knife)
- All of the required sparring pads
- Running gear (appropriate for the current weather)
- Jump ropes

- Quick healthy snacks (Grapes, Orange sections, Power bar bits, Almonds, etc...)
- Drinks (Lots of water, Sports drinks, Energy drinks)
- Support team (Family, School mates, Black Belts, Friends)
- Positive Mental Attitude

## Requirements:

- Attend Prep Cycle Classes (No unexcused absences)
- S.W.A.T and attend classes at your ( 2 S.W.A.T.'s and 2 classes each week)
- Demonstrate sparring ability
- Complete and turn in all book tests and essays
- Know all success skills/attitudes Skills and be ready to recite
- Demonstrate Black Belt Characteristics (don't quit, get angry, or be a poser!)
- Thoroughly clean the school of facility when Prep-Cycle class is over

After testing and passing into the Prep-Cycle, the Prep-Cycle coordinators will pass out a health evaluation form and Prep-Cycle schedule with contact information on it. On the health evaluation form please states any injuries, medication your child takes and allergies they may have. If you cannot do pushups or other physically demanding exercises due to a health issue or permanent injury a doctor's note is needed to be excuses or an alternate exercise will be determined. The Prep-Cycle is physically demanding. It is recommended that a student wait until the next Prep-Cycle if they have an injury that will heal over time, such as a broken arm, ribs, a sprained wrist or ankle etc. Since our Prep-Cycle is so demanding, please be willing to do whatever it takes to be successful. Prep-Cycle students eat, sleep and breathe Karate with little time to do anything else, but keep their grades up. All homework needs to be done before a Prep-Cycle class starts. Here is an example of a Prep-Cycle schedule that took place in the fall of 2007, it lasted for 11 weeks:

## We will travel from school to school as we grow

### Fall 2007 Prep-Cycle Schedule

Day	Date	Start Time	Location	Additional Requirements
Friday	Jul 20	6:00	Englewood HS	Test into Prep-Cycle
Saturday	Jul 21	9:00	Englewood HS	Test into Prep-Cycle
Saturday	Jul 28	6:30	Pirate's Cove	MHK Picnic
Tuesday	Jul 31	6:30	Englewood	
Friday	Aug 3	6:30	Westminster	
Day	Date	Start Time	Location	Additional Requirements
Saturday	Aug 4	9:00	Red Rocks	
Tuesday	Aug 7	6:30	Englewood	
Friday	Aug 10	6:30	As assigned	Black Belt Class
Saturday	Aug 11	9:00	Red Rocks	
Tuesday	Aug 14	6:30	Englewood	
Friday	Aug 17	6:30	Westminster	
Saturday	Aug 18	9:00	Golden HS	Formal Test
Tuesday	Aug 21	6:30	Englewood	
Friday	Aug 31	6:30	N/A	Labor Day
Saturday	Sep 1	9:00	N/A	Weekend
Tuesday	Sep 4	6:30	N/A	Holiday break

Friday	Sep 7	6:30	Westminster	
Saturday	Sep 8	9:00	RR/Lakewood	Formal Test
Tuesday	Sep 11	6:30	Englewood	
Friday	Sep 14	6:30	Westminster	
Saturday	Sep 15	9:00	Englewood HS	Intramural
Tuesday	Sep 18	6:30	Englewood	
Friday	Sep 21	6:30	As assigned	Black Belt Class
Saturday	Sep 22	9:00	Red Rocks	
Tuesday	Sep 25	6:30	Englewood	
Friday	Sep 28	6:30	Westminster	
Saturday	Sep 29	9:00	RR/Lakewood	Formal Test
Tuesday	Oct 2	6:30	Englewood	
Day	Date	Start Time	Location	Additional Requirements
Friday	Oct 5	6:30	Westminster	
Saturday	Oct 6	9:00	TBD	
Tuesday	Oct 9	6:30	Englewood	
Friday	Oct 12	6:30	Westminster	
Saturday	Oct 13	9:00	TBD	
Friday	Oct 19	7:00PM	Breckenridge	Mountain Retreat
Saturday	Oct 20	All Day	Breckenridge	Mountain Retreat
Sunday	Oct 21	All Day	Breckenridge	Mountain Retreat

Prep-Cycle Schedules will be subject to when and what times work for the Coordinators can do them. All Book Tests, Leadership workbooks, and essays will



be turned into the Prep-Cycle Coordinators on assigned dates. Parents should be aware that they can cause their child to fail prep-cycle by being argumentative during classes and by causing more than 3 tardies. Formal Tests will be given twice during our 8/9 week Prep-Cycle. These tests will determine sparring skill and curriculum knowledge. If the Prep-Cycle student is found to be lacking in either of these areas they will be moved forward to the next Prep-Cycle and encouraged to retest into it the next time it is offered. At the end of Prep-Cycle, there will be a big Black Belt test held over two days. By passing this test a Prep-Cycle student will earn his/her Conditional Black Belt. A testing fee will be collected, along with intent to promote form and attendance/S.W.A.T card at the beginning of the test. Please be prepared at the test for anything and follow the guidelines for all Black Belt tests. A Conditional Black Belt and a 1<sup>st</sup> Degree certified Black Belt are significant belt ranks and can only be earned at the October and April Black Belt tests.

## Requirements for Conditional Black Belts

Once your child has received his/her Conditional Black Belt they must learn new curriculum to earn their 1<sup>st</sup> degree Certification. The new curriculum consists of Basi Di, Beethoven (musical form), Bow II, Acrobatic Kicks, a 45 second form from an outside source set to music, and at least two practical applications for each form they know. Most of this curriculum will be taught in class. In addition to curriculum, a Conditional Black Belt must complete a **community service project** of their choice prior to the test for their 1<sup>st</sup> Degree Black Belt. This Community service project must consist of 40 hours or 200 dollars for a non-profit service of your choice. One can also have a combination of 20 hours and 100 dollars raised. Please keep a journal of where and when your child gave their time and how they raised their money. This project should be started right after they earn their Conditional Black Belt. Don't wait until the Conditional cycle starts. A Conditional Black Belt student is required to attend two progress checks before they can test for their certification. Before the 2<sup>nd</sup> progress check all the Conditional Black Belts will get together once or twice a week to work on team work and conditioning.

After the 2<sup>nd</sup> progress test they will continue to meet with their Prep-Cycle coordinators. Who are dictate to getting you and your teammates to certification in **April or October**. During this time of finalizing their techniques and coming together as a team they will be responsible for cheering on and supporting the new Prep-Cycle. They will need to be present at all Formal Tests that the new Prep-Cycle has. At this time you should be old hands at Black Belt tests. When you pass to 1<sup>st</sup> Degree Certified Black Belt, celebrate with family and friends. You deserve it! You are now part our Black Belt family, you will learn new and exciting Black Belt curriculum on your road to 2<sup>nd</sup> degree and beyond. Remember Black **“Belts are White Belts that never quit”**. The higher you go the more you learn and the better you will be able to protect yourself and others from harm.