



***Black Belt
Candidate
Testing Criteria***

Name: _____

*****Black Belt Application due by:*** _____ ********



Leading Edge Martial Arts

Black Belt Criteria Check List

1. Completed Graduation Application.
2. Recommendation from all teachers, parents, and or employer.
3. Recommendation from two close friends (adults only).
4. Student must write an essay on what black belt means to them, what training has done for them, and why they feel they deserve a black belt. This is not an acceptance speech, please keep the thank you's to a minimum. (If thank you's are included in the essay please be prepared to cut them out during the speech given at the test). Essay must be 500-1000 words double spaced and typed. Speech must not be longer than 5 minutes. Student must be prepared to recite the Essay in speech form. Do not forget to thank ALL that helped you on your journey.
5. All Self Defense and grappling techniques must be demonstrated with precision, power, and enthusiasm.
6. All techniques learned from white belt up must be performed with proficiency. This includes all strikes, blocks, kicks, stances, etc.
7. A four station board break must be performed. The candidate receives three tries at each break. If the candidate does not succeed in breaking a particular station within the allotted three attempts, then he/she will not continue with the test. The techniques for each break, the number of boards to be used, and the size of the boards, must all be approved by Sensei prior to the test.
8. The candidate must be prepared to take a written test on what they have learned from the beginning. This test will be administered at Sensei's discretion.
10. If applicable, the candidate must have a "B" average in school with no "D"s or "F"s. Most recent report card must be submitted with the candidate's report prior to the test.
11. The candidate must wear a clean pressed uniform with all current, proper patches. The student's name must appear on the left lapel. All sleeves must be cut just beneath the elbow. The candidate's belt must be tied properly. Proper uniform is part of the discipline of the Martial Arts.

IMPORTANT

The candidate will be evaluated on all aspects of the Martial Arts; discipline, confidence, dedication, attitude, and the winning, non-quitting spirit it takes to become a Black Belt.

Please note that 3 mistakes in any category=failed category. Any failed category=re-test.



Leading Edge Martial Arts

Black Belt Graduation Application

(please print)

Last Name: _____ First Name: _____

Phone # : _____ D.O.B.: _____

How long have you been training at Leading Edge Karate? Years: _____ Months: _____

If already a Black Belt, what degree, and how long have you been at that rank?

Degree: _____ Years: _____ Months: _____

On what date did you receive your last degree? ___/___/___

Rank testing for:

- _____ Shoho - Junior Black Belt
- _____ Shodan - 1st Degree Black Belt
- _____ Nidan - 2nd Degree Black Belt
- _____ Sandan - 3rd Degree Black Belt
- _____ Yodan - 4th Degree Black Belt
- _____ Godan - 5th Degree Black Belt
- _____ Rokudan - 6th Degree Black Belt
- _____ Shichidan - 7th Degree Black Belt
- _____ Hachidan - 8th Degree Black Belt
- _____ Kudan - 9th Degree Black Belt
- _____ Judan - 10th Degree Black Belt

Belt Size: ___ 2 ___ 3 ___ 4 ___ 5 ___ 6 ___ 7 ___ 8

Name as it should appear on the Belt : _____

Name as it should appear on the Diploma : _____

Student Signature: _____

Parent Signature: _____
(if under 18yrs. Old)

Testing fee \$250 Date Paid: _____ Check # _____

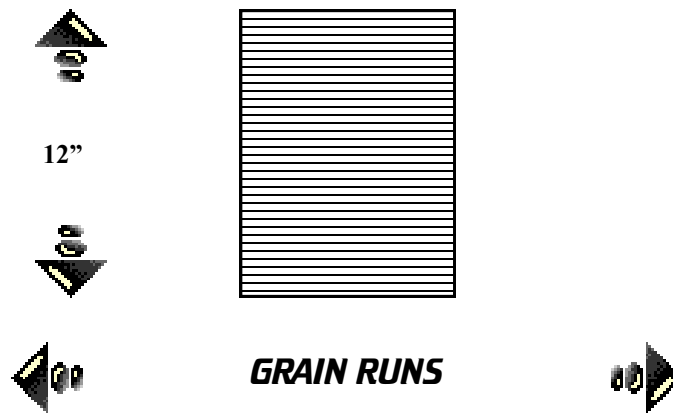


Leading Edge Martial Arts

Black Belt Test

Board Breaking Requirements

*See Sensei for proper board sizing.
Order 4-5 bundles at the next board breaking to be able to use at
board breaking and*



Students must complete a 4 station board breaking. After 3 attempts at any board, the student will take a break and then return to the break. The break must be completed within 5 minutes of the last candidate breaking his/her boards.

**ALL BOARDS MUST BE APPROVED BY
SENSEI PRIOR TO THE TEST.**



Leading Edge Martial Arts
Black Belt Test
Board Break

The number of boards may not be changed nor may the breaking technique change once set. No exceptions.

Age as of test date: _____

Date of birth: ___/___/___

Size of boards required: _____

Station 1:

Number of Boards: _____

Breaking Technique: _____

Station 2:

Number of Boards: _____

Breaking Technique: _____

Station 3:

Number of Boards: _____

Breaking Technique: _____

Station 4:

Number of Boards: _____

Breaking Technique: _____

Approved by: _____ Date: ___/___/___



Leading Edge Martial Arts Black Belt Test Evaluation and Recommendation

To whom it may concern:

_____ is a candidate for Black Belt at our up and coming Black Belt Test. Each Black Belt candidate is required to have a recommendation for Black Belt from a number of people; teacher, employer, close friend, parent or guardian, and spouse.

We, at Leading Edge Martial Arts, do understand that you may or may not know what to base your recommendation for Black Belt on, therefore, we have given you a guideline on what kind of attributes a Black Belt should possess.

Each of the Black Belt Candidates must have these recommendations in order to test for Black Belt. So, please give your honest recommendation/non-recommendation accordingly. Please also include a reason why you have come to your decision.

A Black Belt must possess the following attributes:

1. He/She must act with integrity and honesty.
2. He/She must show good moral character.
3. He/She must show good work ethics. (if applicable)
4. Children must show discipline in school and must have a "B" average with no "D's" or "F's" or the equivalents of. Anything less must be approved by Sensei.

What is your relationship to this student? _____

Why do you or do you not feel this student is deserving of a Black Belt?
(If extra space is needed, please continue on back)



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What is your relationship to this student? _____

Why do you or do you not feel this student is deserving of a Black Belt?
(If extra space is needed, please continue on back)



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What is your relationship to this student? _____

Why do you or do you not feel this student is deserving of a Black Belt?
(If extra space is needed, please continue on back)



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What is your relationship to this student? _____

Why do you or do you not feel this student is deserving of a Black Belt?
(If extra space is needed, please continue on back)



***Leading Edge Martial Arts
Black Belt Test
Disability Consideration Form***

Examples: Severe Arthritis, ADD, Asthma, Muscular Dystrophy, etc.

List *ALL* that apply.

1.

2.

3.

4.

5.

I _____, hereby realize that my training and leadership responsibilities as a black belt at leading edge martial arts 1 year of training after I earned belt or I turn in my black belt to leading edge martial arts.



Leading Edge Martial Arts Black Belt Test Format

(Speeches will be given throughout the entire test.)
Speeches are to be no longer than 5 minutes.

Section 1:

Push ups— 25 for students testing for Jr. Black Belt
50 for students testing for 1st Degree Black Belt
100 for students testing for 2nd Degree Black Belt

Section 2:

1. Hand techniques

Section 3:

1. Kicking Techniques

Section 4:

1. Kicking ranges

Section 5:

1. Fighting Combinations

Section 6:

1. Self-Defense

*Students testing for 1st degree black belt must also have alternates for each self-defense prepared

Section 7:

1. Octagon

*Students must be able to describe the octagon. They will also be tested on moving on the octagon, and countering the attacks.

Section 8:

1. Grappling Curriculum



Leading Edge Martial Arts ***Black Belt Test*** ***Format Continued***

Section 9:

Board Breaking:

Students must complete a 4 station board breaking.

After 3 attempts at any board, the student will take a break and then return to the break. The break must be completed within 5 minutes of the last candidate breaking his/her boards.

Section 10:

Grappling

Students testing for Jr. Black Belt are required to complete: 3 one minute rounds. They will start on their knees and work for position, showing that they have an understanding of the concept of grappling.

Students testing for 1st Degree Black Belt are required to complete: Three 2 minute rounds. They will start on their knees and continue to submission.

Students testing for 2nd Degree Black Belt are required to complete: Three 3 minute rounds. They will start on their knees and continue to submission.

Section 11:

Sparring

Students testing for Jr. Black Belt and 1st Degree Black Belt are required to complete: 10 one minute consecutive rounds.

Students testing for 2nd Degree Black Belt are required to complete: 15 one minute consecutive rounds.

*Candidates must be on the offense for all rounds. The candidate gets one warning for lack of offensive technique. If he/she is warned a second time, they do not continue with the test.

IMPORTANT

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