



***Black Belt
Candidate
Testing Application***

Name: _____

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



Welcome to Black Belt Candidate

Congratulations on your promotion to Black Belt Candidate. Black belt candidate is a tremendous step. Studying martial arts is more than just a hobby for you. Martial Arts is a Lifestyle. Now here are some things you need to know as you look towards your Black Belt test.

To be considered for Black Belt Testing, the follow requirements must be met:

- Black Belt Candidate requires of a minimum of 6 months of training and a minimum of 100 classes. (Mentor classes do not count)
- Candidate should be at least 8 years old. (Exceptions by special consideration only)
- Candidates re expected to have at last 50 Mentor Days. (Multiple classes in a day count for one mentor day) Be sure to get a fresh mentor card upon receiving your Black Belt Candidate.
- Candidate, on the average, is a year process but can go on indefinitely until the student is ready.
- There is a 3 month period prior to the test when a student must essentially live at LEMA, training on the average of 4 days a week in multiple classes a day, in preparation for their test.
- Candidates must pass a Black Belt pre test prior to taking the Black Belt Test.
- The initial black belt test meeting generally doesn't happen prior to that 3 month period. It can either be initiated by the student or instructor to discuss the student's progress. This meeting is essential and will set goals for the student as well as lay out a potential test date.
- Candidate classes are bonus classes offered when staffing and scheduling permits. Candidate classes should be not be counted on for black belt test preparation.
- Candidates are expected to attend graduations as well as the majority of extra events (demos, special workshops, etc.)
- Candidates are required to be at ALL black belt tests.
- As you approach your black belt test, be sure to request a Black Belt Testing packet so you can being completing it and all the requirements involved.
- If these requirements seem like a lot, you are correct. It is a lot. Becoming a black belt is a rare and special thing and requires sacrifice.
- Black Belt Testing occurs twice a year at LEMA. We generally hold one test at the end of summer (Late Aug/Early Sept) and one in late winter/early spring (Feb/March)

Good luck! You've got this! You are LEMASTRONG!

Sensei Rob & Team LEMA



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 \$300 Date Paid: _____ Check # _____



Leading Edge Martial Arts Black Belt and Beyond

I, _____, understand the expectations and responsibilities of being a Leading Edge Martial Arts Black Belt.

I understand that I will be expected to act with integrity and good ethics. _____

I will be expected to wear my belt honorable and humbly. I will be expected to be humble and helpful to the students that I now outrank. _____

I understand that Black Belts at Leading Edge Martial Arts are expected to mentor and lead other students by helping in classes, attending graduations and black belt tests, and attending special events such as demos, parades, and charity events. _____

I understand that Black Belt is not the end of the journey but actually the beginning. I understand that I am expected to continue my studies at Leading Edge Martial Arts and continue to grow as a martial artist while demonstrating the martial arts lifestyle and non quitting spirit. I am expected to train for no less than one year after receiving my black belt at an average of at least twice a week. _____

I understand that if I do not live up to the moral and ethical expectations of a Leading Edge Martial Arts Black Belt, I may have to forfeit my Black Belt and Diploma to the senior instructor of Leading Edge Martial Arts. This is subject to instructor discretion.

I understand that if I do not meet my training expectations as a Leading Edge Martial Arts Black Belt, I may have to forfeit my Black Belt and Diploma to the senior instructor of Leading Edge Martial Arts. This is subject to instructor discretion. _____

_____, _____
Candidate Signature (Print and Sign) Date

_____, _____
Parent Guardian (Print and Sign) Date

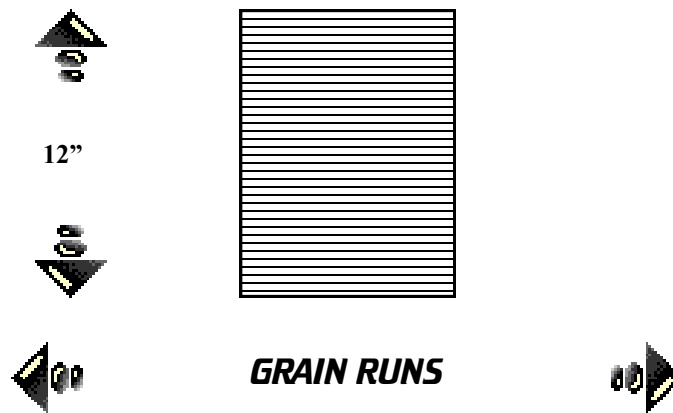


Leading Edge Martial Arts

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?
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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

All candidates are 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.

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