



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 are 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 be 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