



Youth Black Belt Club

Requirements for Youth Black Belt Test

Training for your black belt test requires additional time and effort. This means that you need to attend 3 classes per week in average. You may also consider supplementing your regular training with periodic private training sessions, online classes and additional cardio/endurance workouts.

Proposed Training Schedule

Setting a date for your black belt test is important, but just as important is a plan to be ready for that date. Please complete the enclosed *Proposed Training Schedule Form* and submit it to Mr. Tilander for input. This should represent everything you plan to do besides your regular classes to prepare for your test, e.g., exercises you plan to do, number of times you will practice your forms, etc.

Requirements:

Age 11-15 (minimum of 240 classes)

Basic Fitness

- 10 minutes cardio
- 25 push-up
- 25 crunches
- 50 sit-ups with punches

One-Step Sparring Technique

- 1-21
- 1-12 both sides

Required Forms

- Three beginner forms
- Five intermediate forms
- One advanced form
- Single stick form
- Bo basic form

Weapons

- Stick basics; Stick single form; Stick flow, counter, disarm
- Bo basics; Bo basic form; Bo tai Bo 1-4

Self-Defense

- Show proficiency in responding to the eight basic attacks

Sparring

- 10 2-minute rounds

Written Black Belt Test (test is due one week prior to the test date)

1. Due one week prior to test date.
2. Must be a computer printout or electronically. No handwritten documents
3. Basic electronic template is available.

Oral Examine

1. Be prepared to explain and demonstrate the individual moves of the required forms.

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2. Be prepared to teach any basic technique by explanation and demonstration.
3. Prepare to discuss why it is important and what it means for you to receive your black belt.

Teaching

- Assist in teaching 50 classes (Log book is due one week prior to the test date)

Training Partner Selection Form

Your Name: _____

Today's Date: _____

Proposed Date of Black Belt Test: _____

1. Who would you like to be your training partner?

2. What is the present rank of this person?

3. Why would you want this person to be your training partner? Please include all your reasons for selecting this person (e.g., size, abilities, etc.).

Please submit this form to Mr. Tilander at the beginning of the last semester before the test date for approval.

Proposed Training Schedule Form

1. Proposed test date: _____
2. How many classes per week are you presently attending regularly? _____
3. How many classes per week do you attend in order to assist the instructor or lead the class? _____
4. How many hours per week do you plan to add to your present training regimen? _____
5. Please formulate your training plan by preparing a sample month (of course this may change as you actually begin it). Include classes you regularly attend, classes in which you assist, exercise program. I want to know what you think it will take to reach your goal.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Please submit this form to Mr. Tilander for approval.

Training Schedule Form

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Things I Need To Work On

Keep list of things that are pointed out to you that need work. For example:

1. Remember to stabilize my stances before I block.
2. Pivot on the forearm block going down the “I” on pyong ahn yi dan.
3. BREATHE!!!
4. Cut out all secondary movements.

*Use this page to make your list and check them off when you have corrected the problems.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

21 One-Step Sparring Techniques

Yellow

1. LOW ATTACK

- a. step forward into left front stance
- b. prepare over right shoulder
- c. low block with the left hand
- d. reverse punch with the right hand (punch stays out)

Notes:

2. OVERHEAD ATTACK

- a. step forward into left front stance
- b. prepare on right hip with stacked hands both palms up
- c. high block with the left hand
- d. reverse punch with the right hand (punch stays out)

Notes:

3. HIGH ATTACK

- a. step forward with right at 45° into kimassee stance (to the outside of the opponent)
- b. cover the head with open left hand and chamber right hand
- c. reverse punch with the right hand

Notes:

Orange

4. HIGH ATTACK

- a. step forward into left back stance
- b. prepare over right shoulder
- c. inside-outside middle block
- d. reverse punch with the right hand (punch goes out and back)

Notes:

5. HIGH ATTACK

- a. step forward into right back stance
- b. prepare over right shoulder
- c. outside-inside middle block
- d. reverse punch with the left hand (punch goes out and back)

Notes:

6. HIGH ATTACK

- a. step backward into right back stance
- b. right palm sweeping block and left hand chambers
- c. reverse punch with left hand (punch goes out and back)

Notes:

12/26/22

Orange

7. HIGH ATTACK

- a. step forward with left at 45° into kimassee (to the outside of the opponent)
- b. prepare over left shoulder
- c. inside-outside middle block
- d. double reverse punch to the side (left first/right second)

Notes:

8. MIDDLE ATTACK

- a. step back into left front stance
- b. left hand circle block at the same time as sliding the left foot back into short front stance and right hand is chambered
- c. right leg (back) snap kick step forward into right front stance
- d. double punch (right first/left second)

Notes:

9. HIGH ATTACK

- a. step forward into left back stance
- b. prepare over right shoulder
- c. inside-outside middle block
- d. spear hand thrust to the throat with the right (short pause with loud KIAI and punch goes back)

Notes:

Blue

10. HIGH ATTACK

- a. step left into halt kimassee
- b. right open hand block & grab opponent's attacking arm and left hand chambered
- c. right foot side kick to rib cage
- d. step down behind the attacker into kimassee stance at 45°
- e. reinforced (left open hand over right closed fist) right elbow strike to kidney

Notes:

11. HIGH ATTACK

- a. step forward into right back stance
- b. open-hand block with the left and a knife hand to the side of the head with the right hand
- c. pivot left foot and groin strike with the palm the left hand while right hand prepares for elbow strike
- d. shift weight into reverse back stance
- e. elbow strike to temple with right arm while left hand pulls back (high with closed fist)

Notes:

12. OVERHEAD ATTACK

- a. step forward into right front stance
- b. prepare on right hip with stacked hands (both palms up)
- c. high block with the left arm
- d. reverse punch with the right
- e. back leg punt kick the groin
- f. step back into right back stance with both hands open

Notes:

Green

13. HIGH ATTACK

- a. step forward with left at 45° into kimassee (to the outside of the opponent)
- b. prepare over left shoulder
- c. inside-outside middle block
- d. double reverse punch to the side (left first/right second)
- e. option 1
 - a. right leg round kick to solar plexus
- f. option 2
 - a. holding onto right shoulder with both hands
 - b. right knee to the ribs
- g. pivot left foot and left elbow smash to head

Notes:

14. HIGH ATTACK

- a. step forward with left at 45° into kimassee (to the outside of the opponent)
- b. open-hand block with the left
- c. hammer fist to the solar plexus with the right
- d. reverse punch to the ribs with the left
- e. reverse punch to the head with the right
- f. Hold onto right shoulder with both hands
- g. step with your right foot behind opponents front foot
- h. heel sweep opponents right foot by stepping your heel down while pulling on the shoulder
- i. follow opponent to the ground with your right knee behind his back and left knee on his head
- j. control left shoulder with left hand while punching the kidneys with your right hand

Notes:

15. HIGH ATTACK

- a. right leg snap kick to the solar plexus
- b. option1
 - a. step back into left back stance
 - b. step behind side kick
- c. option 2
 - a. step down in front of left foot
 - b. spinning back kick/side kick

Notes:

Purple

16. HIGH ATTACK

- a. step forward into left back stance
- b. prepare over right shoulder
- c. inside-outside middle block
- d. reverse punch with the right hand (punch goes out and back)
- e. step over opponents right leg with your right leg into a kimassee stance while pushing his arm out of the way
- f. spinning left reinforced elbow strike to solar plexus
- g. reach between feet and grab opponents ankle for the take down
- h. groin stomp and knee lock
- i. transition right arm and sit down for an ankle lock

Notes:

17. HIGH ATTACK

- a. step forward into right back stance
- b. prepare over right shoulder
- c. outside-inside middle block
- d. reverse punch with the left hand (punch goes out and back)
- e. right ridge hand to head and grab shoulder for leg sweep (o soto gari)
- f. finish with a straight arm bar (juji gatame)

Notes:

Brown

18. HIGH ATTACK

- a. step forward into right back stance
- b. open-hand block with the left and a knife hand to the side of the head with the right hand
- c. pivot left foot and groin strike with the palm the left hand while right hand prepares for elbow strike
- d. shift weight into reverse back stance
- e. elbow strike to temple with right arm while left hand pulls back (high with closed fist)
- f. right hand grabs opponents right arm and back kick with the right foot
- g. feed right hand into left armpit and grab the uniform
- h. step in with both feet pointing away from attacker for major hip throw (o goshi)
- i. shoulder lock

Notes:

19. HIGH ATTACK

- a. side-step with the left foot (feet touch with bend knees)
- b. right open hand block & grab opponent's attacking arm and left hand chambered
- c. right foot round kick to the solar plexus
- d. right side kick to the ribs
- e. right side kick to the right knee (opponent drops to right knee)
- f. right hook kick the back of head and step forward into right front stance
- g. drive opponents to the ground on his stomach
- h. finish with arm lock (waki katame)

Notes:

Red

20. HIGH ATTACK

- a. side-step with the left foot (feet touch with bend knees)
- b. right open hand block & grab opponent' s attacking arm and left hand chambered (hand does not change position through entire technique)
- c. right foot round kick to the solar plexus
- d. grab back of the collar with left hand and pull opponent into a left knee strike to ribs
- e. shift left hand to grab the wrist and lift opponent's right arm and step under with left foot and turn 180 degrees and step into right front stance
- f. bring the right hand up and over the opponent' s right shoulder
- g. take opponent's hand to the floor
- h. pin the shoulder to the floor by putting the right knee into the opponent' s arm pit
- i. lock shoulder by twisting the locked arm (keep opponent's hand close to ground)

Notes:

21. MIDDLE ATTACK

- a. block with left leg inside-outside crescent kick
- b. step down into left front stance and grab opponent' s neck with both hands
- c. right knee strike
- d. left elbow strike to head
- e. step through with your right foot followed by your left to end up behind the opponent (push right arm down)
- f. go directly into the "perfect choke"
- g. collapse opponent's leg and go to the ground with the choke striking groin with both heel
- h. apply choke one more time
- i. roll on top of the opponent

Notes:

Tanbo kihon

- 1. Punch:**
- 2. Low Strike - Punch:**
- 3. Mantis – Punch:**
- 4. High Block – Slice/Slice:**
- 5. Punch Flick:**
- 6. Double Punch:**
- 7. Slice – Down Block (Tofurkey Slice):**
- 8. Spear, Roll, Chamber Punch:**
- 9. Triple Spear:**
- 10. Strike Hook Strike:**
- 11. Outside inn – Inside out (Frisbee):**
- 12. Nine Strikes:**

Finish:

10 Sinawali

- 1. High-Low (Open chamber):**
- 2. High-High/Low-Low (Open chamber):**
- 3. High-Low-High (Open chamber):**
- 4. High-Low-High (Closed chamber):**
- 5. High-Low (Overhead)-High (Closed chamber):**
- 6. High-Low-High (Closed chamber) down strike (not hitting the bag):**
- 7. Up-Up-Up (Low chamber):**
- 8. Up-Up (Overhead)-Up (Low chamber):**
- 9. Up-Up-Up (Low chamber) (not hitting the bag):**
- 10. High-Low-High-Low-High (Closed chamber):**

Bo kihon

1. Head Strike:

2. Temple Strike:

3. Side Strike:

4. Low/Knee Strike:

5. Punches:

6. Pokes:

(7-12 for 1st dan)

7. Back Hand Lead Hand Shuffle Step:

8. Figure Eight w/o Blocking the Face:

9. Down, up, change side & strike (1, 2, Fwifty Dew):

10. Basic Blocks:

11. Circle Block (Six – Poke):

12. Head Chin Temple Temple:

Finish:

Bo Tai Bo

1. One; Two; Circle (left, right, left)

2. One; Two; Back hand overhead (left, right, right)

(3-4 for 1st dan)

3. One; Two; Back hand circle jab (left, right, shuffle back)

4. One; Two; Lead hand disarm (left, right, left)

(5-8 for 2nd dan)

5. One; Reverse down; Parry head strike (left, right, shuffle forward)

6. One; Two; Attack knee, side parry head strike (left, right, left)

7. One; Two; Drop left knee, spear (left, right, left knee)

8. One; Two; High block, head strike (left, right, right)

Line Drills

Bow in charyut...kyongye

Kamassee stance choon-bee

Double punches - out on 1 back on 2 (Minimum 4 repetitions for beginners and 2 for Advanced)

Single punches -xxx hand first - (Eight repetitions counting one to eight)...number I call

Turning punch (Half Kamassee) - turn and punch - followed by full motion (Eight repetitions counting one to eight)

Turning punch adding the strike - turn and punch -prepare - strike - (Eight repetitions counting one to eight)

Stepping into a **Back Stance** xxx foot forward choon-bee

Reverse punch - out on 1 back on 2 - followed by full motion - (Eight repetitions counting one to eight)

UPPER BODY (A-day)

Double Knife Hand by number - 1 pivot and prepare...and step/2 strike (Minimum 4 repetitions for beginners and 2 for Advanced)

Full motion (Eight repetitions counting one to eight)

Single Knife Hand with a Reverse Punch by number - 1 pivot and prepare...and step/2 strike and chamber/3 punch/4 back (Minimum 4 repetitions for beginners and 2 for Advanced)

Full motion (Eight repetitions counting one to eight)

Low Counter by number - 1 pivot and prepare...and step /2 block/3 punch/4 back (Minimum 4 repetitions for beginners and 2 for Advanced)

Full motion (Eight repetitions counting one to eight)

Inside Outside Middle Counter by number - 1 pivot and prepare...and step /2 block/3 punch/4 back (Minimum 4 repetitions for beginners and 2 for Advanced)

Full motion (Eight repetitions counting one to eight)

Outside Inside Middle Counter by number - 1 pivot and prepare...and step/2 block/3 punch/4 back (Minimum 4 repetitions for beginners and 2 for Advanced)

Full motion (Eight repetitions counting one to eight)

High Counter by number - 1 pivot and prepare...and step /2 block/3 punch/4 back (Minimum 4 repetitions for beginners and 2 for Advanced)

Full motion (Eight repetitions counting one to eight)

LOWER BODY (B-day)

Back/Front Leg Snap Kick by number - 1 pivot/2 tuck/3 kick/4 down (Minimum 4 repetitions for beginners and 2 for Advanced)

Full motion (Eight repetitions counting one to eight)

Back/Front Leg Round Kick by number - 1 step up/2 tuck/3 kick/4 down (Minimum 4 repetitions for beginners and 2 for Advanced)

Full motion (Eight repetitions counting one to eight)

Back/Front Leg Side Kick by number - 1 step behind/2 tuck/3 kick/4 down (Minimum 4 repetitions for beginners and 2 for Advanced)

Full motion (Eight repetitions counting one to eight)

Back/Front Leg Crescent Kick by number - 1 tuck/2 kick/3 down (Minimum 4 repetitions for beginners and 2 for Advanced)

Full motion (Eight repetitions counting one to eight)

Back/Front Leg Hook Kick by number - 1 step up/2 tuck/3 kick/4 down (Minimum 4 repetitions for beginners and 2 for Advanced)

Full motion (Eight repetitions counting one to eight)

General tips for assisting in class

- Don't lean on the walls or sit down
- Hold pads during line drills unless you call them
- Warm up the class
- Ask the instructor how you can help - Clean up equipment after class

Log book for required teaching assistance

	Date	Class and topic	Instructor	Signature
1				
2				
3				
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	Date	Class and topic	Instructor	Signature
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50				

Black Belt Club Timeline – CHECKLIST

This checklist provides the expected path for the Black Belt Club with all the key requirements listed and dates by which they must be completed in order to stay on track to test for your black belt.

Failure to get a step approved and signed, results in the need to push back the test date.

Timeline Agreement: (Signifying that you understand and agree with the terms of this checklist.)

Student (print name and Signature): _____

Parent Signature: (if Karate Student is younger than 18) _____

Date joined the Black Belt Club: _____ **Proposed black belt test date:** _____

ATTENDANCE: **A minimum of 240 CLASSES is needed to test**

1st semester (brown advanced to red) _____ **Total:** _____ **Signature:** _____

2nd semester (red to red advanced) _____ **Total:** _____ **Signature:** _____

3rd semester (red advanced) _____ **Total:** _____ **Signature:** _____

4th semester (red advanced) _____ **Total:** _____ **Signature:** _____

5th semester _____ **Total:** _____ **Signature:** _____

6th semester _____ **Total:** _____ **Signature:** _____

1st semester (brown advanced to red): **(0-60 classes)** **End of semester Signature:** _____

-attend the Intro to Black Belt Club Class *(under 18 must attend with Parent)* **Signature:** _____

-attend an average of three classes per week

-receive your Black Belt Club package

-perfect learned material

-start practicing eight basic self-defense attacks

-test for red belt

2nd semester (red to red advanced): **(61-120 classes)** **End of semester Signature:** _____

-attend an average of three classes per week

-learn all required new material (advanced form; one-steps)

-Bo basics; form; partner work

-eight basic self-defense attacks

-test for red advanced belt

3rd semester (red advanced to red/black): **(121-180 classes)** **End of semester Signature:** _____

-attend an average of three classes per week

-perfect learned material

-eight basic self-defense attacks

-test for red advanced belt (double stripe)

4th semester (red/black to youth black belt): **(181-240 classes)** **End of semester Signature:** _____

-attend an average of three classes per week

-PRACTICE ALL MATERIAL FOR DETAILS, ACCURACY AND TESTING SPEED

-you select & confirm your training / testing partner (uke "oukay") for one-steps and self-defense

-begin to write your black belt written test (electronically)

One Month / Four Weeks before test: **Signature:** _____

-Pre-Test (4 weeks before test)

-Turn in Log book for required teaching assistance

Signatures on this form may be obtained from Mr. Tilander or Mr. Gee