

## Black Belt Dan Ranks and Testing Info

The black belt or Dan ranks represent not only the achievement of "adulthood" in martial arts, but also the recognition that one has just begun to learn. If the completion of the colored belts or Kyu ranks is considered the "root" stage of one's martial arts development, the Dan ranks should be considered the "tree" stage.

A black belt must show maturity in character and technique. Hence, there is a minimum waiting period between each rank. It is required that the time between Dan levels be two years for 1st to 2nd degree, three years for 2nd to 3rd degree, and so forth to allow for the proper physical, mental and emotional maturing to take place. The Dan ranks further develop the general requirements of the Kyu ranks, and add several additional requirements.

I am always impressed with the dedication a student makes to stick with something until they have learned it well. It is sad when students quit before reaching their goals. To review something over and over again until you have it right is not an easy process for anyone and can cause burn out but can also show and develop self-discipline and perseverance. So please continue to encourage your children!!!

To earn the black belt is a great achievement and something very few have done. It is also a new beginning with many new fascinating things to learn and look forward to and enjoy. Martial arts are something one can do their whole life!

Conditional Black Belt - ½ <b>brown over ½ black</b> Part 1 - Review and test of 1 of 3	Finish Review Phase then 3 months
Conditional Black Belt - ½ <b>brown over ½ black</b> Part 2 - Review and test of 2 of 3	Finish Review Phase then 3 months
Conditional Black Belt - ½ <b>black over ½ brown</b> Part 3 - Review and test of 3 of 3	Finish Review Phase then 3 months
Graduation - ½ black over ½ brown Ceremony and Demonstration	Held during last test
1 <sup>st</sup> Degree Black Belt	Approximately 5 years from day one

### TEST QUALIFICATION:

First Step is the **REVIEW PHASE**

Second Step is the 21 class **TRAINING PHASE**

Third Step is the **TEST**

### REVIEW PHASE:

When you first get your brown/black belt you will begin the REVIEW PHASE of the black belt process. Once you have reviewed all the material that will be on the test and you remember it all, then you will enter the TRAINING PHASE. This review can occur over a several month period and may take as long as necessary.

If a student has forgotten much of their prior curriculums (perhaps they did not practice at home on a regular basis while going thru the belt ranks) then it can take much longer of a REVIEW PHASE as they need to practically relearn it. Those who only come 1x a week should not feel the pressure of trying to be ready as the same speed of those that do come 2x a week. Or those who miss classes regularly can't expect to be ready at the same time as those who come regularly. Each student will progress based on the time they put into their preparation.

## **TRAINING PHASE:**

When you enter the TRAINING PHASE you should set a test date three months out. In setting a date to test with your instructor you should consider that the minimum number of classes to qualify to test is 21 classes over 3 months, plus daily home practice. If you cannot attend 21 classes before the test date then the test date is too soon. If the test is approaching and you have not and cannot attended the number of classes required please talk with your instructor to see if you can join the next test at a later date.

During this phase the student already remembers all the required techniques. There is no hesitation in their performance but they still need to develop black belt power and speed. This is the fine tuning stage where technical flaws are corrected.

## **THE TEST:**

The Black Belt tests will be offered 2 or 3 times a year. If a student has entered into the TRAINING PHASE they must keep their training commitments in order to be ready to pass the test. If a student is not ready they will be notified and will need to continue to train until the next offered test. Tests are not offered in-between the scheduled tests and there are no make up tests. If a student fails a test, they will also need to continue to train until the next scheduled test to take a re-test. A re-test is available at 50% off the regular test fee.

## **The Black Belt Prep Review Clinic 1x a month for 2 hours:**

If you only can make the regular weekly class 1x a week (or 4 classes a month), you may attend the 2 hour Black Belt Prep Review Clinic to help you make-up the missed classes at no extra charge.

If you are in leadership the Black Belt Prep Review Clinic will be at no extra charge regardless of how many classes you come too, it will always be free for you.

If you come 2x a week (or 5 -7 times a month) and you are not in Leadership, then there will be an extra charge for the 2 hour Black Belt Prep Review Clinic. Cost will be \$30.00 for the 2 hour class.

The 2 hour **Black Belt Prep Review Clinic counts as 4 classes.** This clinic is typically held the last thursday of the month from 6:15 to 8:15 pm.

## **How Long Does it take?**

**Everyone can earn a black belt, but it will be at their own pace. A black belt is a white belt that never quit!**

For many it will take at least 5 years from day one with no break in training, and others longer. Some are natural athletes and some need to work harder because it does not come easily. But all can eventually be a black belt some day. And we are committed to help them do so.

**The lessons learned by truly earning an endeavor strived for is very powerful and life impacting. The discipline and perseverance demonstrated in this process is what defines the character of a black belt.**

## **KK4C Black Belt test requirements (This test is available to all ages)**

### **1. General Requirements**

- The Black Belt Test is divided into three parts. Each part covers 1/3 of the total Black Belt Requirement. One must pass all three tests in order to earn their black belt.
- There is no time limit on passing these three tests
- When the student shows they are ready for the TRAINING PHASE in class a test date will be set and they will be invited to the TRAINING PHASE.
- Students have proceeded through these three tests at various time lengths
- The shortest time length has been about 1 year total. One must know and perform at a black belt level of proficiency every belt curriculum they have learned from day one.
- The difference in length of time will depend on:
  - How much focused effort they have put into their training up to this point.
  - How often have they been coming to class and how often do they plan to come to class during all phases of the Black Belt training. Someone who has come and continues to come 7 times a month will advance faster than those who come less. If your average attendance is 1x a week it probably will take you twice as long or longer to finish the process than someone who comes 2x a week.
  - How much do they remember right now; how much they have forgotten. If they have been practicing at home outside of class the last 42 months and they have not forgotten their past training and just need some fine tuning they will be ready for each test in about 4 months and finish in about a year. Someone who never or rarely has practiced at home will most likely have forgotten a lot of their past training and will need a lengthy process of review before they can fine tune and get to a black belt level of proficiency.
  - NOTE: we offer a monthly 2 hour special review clinic outside of the regular classes. Please see web site for calendar and pricing. This class is typically held the last Thursday of the month from 6:15 to 8:15 pm.
- When you feel you have completed the REVIEW PHASE and desire to enter into the TRAINING PHASE please inform your instructor in writing of:
  - your desire to enter the TRAINING PHASE to set a test date
  - A detailed plan of when and how often you will:
    - come to class,
    - practice at home
    - attend the optional monthly 2 hour Black Belt Prep Review Clinic.
- You will receive your final approval to test by your instructor when you qualify to test based on your performance in the classes and the requirements in this letter
- Turn in all required paperwork, test fee and black belt fee before starting this process.
- All curriculum and character information is available on Member's Section of Website

Black Belt Test Fees as of 1/1/10 – Black Belt test fees are not covered in your tuition and must be paid before the test.

- KK4C – Karate Certificate
  - 1st degree – 3 tests \$60.00 each or one time pay \$170.00
  - 2nd degree – 3 tests \$60.00 each or one time pay \$170.00
  - 3rd degree – 3 tests \$60.00 each or one time pay \$170.00
  - 4th degree – TBA
  - Embroidered Black Belt Cost (to be paid along with 1<sup>st</sup> test fee)
  - 1st degree – \$50.00
  - 2nd degree and higher – \$60.00
  - Each test is approximately 1.5-2 hours long.
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- For each test there must be an advanced understanding and demonstration of:
    - KK4C curriculum. Each higher Dan level has a higher expected level of understanding and demonstration.
    - mental knowledge
    - physical demonstration
    - practical application (can make techniques work with variety of sized partners at full speed)
    - high fitness
    - self defense must be with follow ups (2<sup>nd</sup> dan and higher only)

## Character

- For the last test only you must provide three Christian character references from their pastor, teachers, principal, or employers. This is evidence that both inside and outside of KK4C you are acting with excellent character.
- Any time before the last test you must provide a written essay of 400 – 500 words: All questions should be answered but in an essay form.
- “God’s Grace In My Life During My Black Belt Journey” In your essay answer each of the following questions as a minimum:
  - In what ways has God used the scriptures and the character training you learned and memorized in the KK4C curriculum?
  - Has KK4C helped you to increase your knowledge of God and your love for Him? If so, then explain how with specific examples.
  - Because of your experiences with KK4C and the Biblical Character training that you heard in class in what ways has God grown you to be more Christ-like?
  - In answering these questions:
    - Please give specific examples.
    - Write about your original reasons for enrolling.
    - What your goals were originally and how they might have changed over time.
    - What challenges you met along the way and how you overcame them?
    - Did you consider quitting at any point? Why didn’t you?
    - What would you recommend to others regarding KK4C?
    - What are your goals now with martial arts?
    - Who would you like to thank for the support you received during this process?

- For every test you must provide three logs which you will fill out during the TRAINING PHASE: (These logs are provided on web site. Each of the three tests must have their own log sheet completed.)
  - Karate Practice Log:
    - Every home practice session and extra class or clinic above the monthly seven classes that are offered are to be written down. (Aim for a minimum of 3 home practices a week or extra classes at KK4C. These are just minimum recommendations. We encourage you to practice as much as you need to be at your best for the test while not negatively affecting your other responsibilities. Each additional class at KK4C costs \$10.00. See Mr. Schainblatt for details or to purchase)
  - Bible Reading Log:
    - (Consider doing repetitious reading of the scripture you chose to memorize. In other words you are going to memorize Romans 8 read Romans 8 over and over again as your bible reading requirement.)
  - Servanthood Log

### **Mental**

- For every test you must provide a copy of your latest report card. If you have already turned in the latest report card at a prior test and you do not have a newer one, you do not need to turn in the same report card.
- For every test you must be excelling in school or work and relationships with family, friends, neighbors and co-workers
- Any time before the LAST TEST but NOT DURING the test you must demonstrate your memorization requirement BY APPOINTMENT. (If you use the ESV translation I can help you better. Go to [ESV.org](http://ESV.org) for free print out) Choose one of the following:
  - 5 Character Trait definitions, their corresponding scriptures, and their “I will’s (your choice) or
  - Or you may choose any book with 30 or more sequential verses of scripture. Such as: Ephesians 1-2:10; or Philippians 1:12-2:18; or Colossians 1; or Romans 8; or Romans 12 and 13;
  - May be done at any time between the first and last test once you have it memorized but it cannot be done in parts. Minimal hints allowed during test.

### **Sparring:**

- All the different types in curriculum (promise, rhythm, free, etc)
- Plus three two minute rounds on heavy bag using hand, foot techniques (elbow and knee techniques should be included for 2<sup>nd</sup> Dan and higher)

### **Self Defense:**

- For every test you must be ready for a special showing of:
  - 1 round of 1 minute for each Dan level of free style, non-stop self defense. If you are going for 1<sup>st</sup> Dan then you do 1 round.

**Social:** (Done immediately after last test)

- At the 3rd of three tests you will have a chance to show gratefulness to family and friends who have supported you
- Parents will also have an opportunity to share about their child and their experience this night
- This is where you will actually receive your black belt, read your essay, and demonstrate some of your memorization requirements

The three tests described above are grouped in the following modules. When you show up for your test you will need to print all the required docs and bring to the test with you. You will also need to print the below corresponding modules and write your name on each sheet. These are the sheets we use to test you with, so please do not forget to bring them with you to your test.

### **Test A**

- [Foundation](#)
- [Building](#)
- [Naihanchi Shodan](#)
- [Naihanchi Nidan](#)
- [Naihanchi Sandan](#)

### **Test B**

- [Tomari Seisan](#)
- [Pinan Shodan](#)
- [Pinan Nidan](#)
- [Pinan Sandan](#)
- [Pinan Yondan](#)

### **Test C**

- [Pinan Godan](#)
- [Passai](#)
- [Kusanku](#)
- [Niseishi](#)

## **Tips for Your Black Belt Test**

Getting your black belt is a big day in the life of a martial artist. I have listed some black belt test "tips" below in order to help you make your black belt test memorable... and successful.

- **Practice, practice, practice!!!!**

- If you do not feel that you are ready, ask your Master/instructor for more time. However, practice as if you must be ready by THE TEST DATE
- Go to as many classes as you can before the test.
- Ask for help if needed.
- **Work on your endurance.**
  - Black belt tests are long. While the length varies an average black belt test lasts between one & half to two hours long.
- **For parents with children taking a black belt test**
  - Help them to practice at home.
  - Take them to more classes. Participating only 1 classes per week is usually not enough for your child to look "proficient" at martial arts (let alone outstanding).
  - Watch your child and look for their weak areas (i.e. memorizing the forms or generating enough power). Then work on improving these elements.
  - Ask your child's instructor to switch them to a later black belt test if you feel that your child is not physically or mentally ready for the test.
- **Final black belt test tips**
  - Make sure to get photos & videos of this important event.
  - Go out & celebrate.
  - Wear your new black belt with gratefulness. You have earned it by the strength that God supplies and with the support of many people like your parents, classmates, etc.!
  - Start working towards a second degree (second dan) black belt. The journey of a true martial artist never ends.