

# Black Belt Candidates - May 2024 Black Belt Prep

## Parents' Meeting: Saturday, January 27th 12:00 p.m.

We will hold a 20 minute parents' meeting on **Saturday January 27th** to go over requirements and timelines for May 2024 Black Belt testing. Candidate classes will begin on **Saturday, February 24th** (12:00 p.m.).

Scan the QR code or visit [Tinyurl.com/May24BB](https://tinyurl.com/May24BB) for a quick video with important information for May 2024 Black Belt candidates.



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## BLACK BELT PREP CYCLE APPLICATION

Potential candidates must complete the requirements outlined in the Black Belt Candidate Prep Cycle Application (see link below).

This will assure that we have quality candidates that have started to prepare for testing and are not showing up to candidate class ill-prepared for the rigors of the cycle or the test. We will accept candidates who have been **attending class consistently** and have the requisite time in rank (6 months minimum at high brown belt) and commensurate classes, know the required curriculum, have the proper attitude and effort in class and can demonstrate a **baseline** level of fitness (30 chin to fist push-ups, 30 sit-ups, completion of a timed 1-mile run)\* to participate in the testing process. We have identified these as the primary factors that lead to success within the testing cycle.

**Black Belt Candidate Prep Cycle Application:** [www.tinyurl.com/BBPrepApp](http://www.tinyurl.com/BBPrepApp)

**Black Belt Prep Curriculum Resource website:** [www.beginkarate.com/blackbeltprep](http://www.beginkarate.com/blackbeltprep)

**Push-up & Sit-up Tutorial:** [www.tinyurl.com/pushupsitup](http://www.tinyurl.com/pushupsitup)

**\*The timed one mile run is to be completed on your own - preferably at a local track (NP High School, GL, etc.). Elapsed time is recorded on your prep cycle application. Please note:** *These are the requirements to ENTER the prep-cycle and demonstrate a baseline level of fitness to participate. Black Belt Candidates will be required to perform 50 chin to fist push-ups, 50 full sit-ups and a timed TWO mile run (18:00 or less E.T.) at the New Providence High School track on the day of the pre-test. We will review all this information and answer any questions during the Parents' Meeting on January 27th.*

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# May 2024 Curriculum Requirements

Curriculum Resource Page: [www.BeginKarate.com/blackbeltprep](http://www.BeginKarate.com/blackbeltprep)

\*In order to **ENTER** prep cycle, students must be able to perform the following curriculum without assistance (all count kicks are also required for Black Belt testing).

- 1.) Pride Form
- 2.) Dekkers' 15
- 3.) 15-Count
- 4.) 12-Count Kickboxing Combination

## 4-Count Kickboxing Combinations

1. R. Kick / L. Hook / R. Cross / L. Switch Kick
2. L. Kick / R. Cross / L. Hook / R. Kick
3. R. Kick / L. Hook / R. Cross / R. Kick
4. L. Kick / R. Cross / L. Hook / L. Switch Kick

## Elbow Combinations:

1. Jab / Cross / L. Elbow / R. Elbow / R. Knee / L. Switch Round
2. Jab / Cross / L. Elbow / R. Elbow / R. Knee / R. Round
3. Jab / Cross / L. Elbow / R. Elbow / R. Knee / L. Switch Round / R. Round
4. Jab / Cross / L. Elbow / R. Elbow / R. Knee / R. Round / L. Switch Round

## Boxing Flow #1:

1. Double Jab / Cross / Hook / Cross
2. L. Uppercut / L. Hook / Cross
3. Bob & Weave Left to Right, Cross / Hook / Cross
4. Slip Right, Right Uppercut / L. Hook / R. Cross

## Bob & Weave Combinations:

1. L. Jab / Roll Left / L. Hook / R. Cross / R. Hook
2. L. Jab / R. Cross / Roll Right / R. Cross / L. Hook / R. Cross
3. L. Jab / R. Cross / L. Hook / Roll Left / L. Hook / R. Cross / L. Hook
4. L. Jab / R. Cross / L. Hook / R. Uppercut / Roll Right / R. Cross / L. Hook / R. Cross

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**PRE-TEST DATE:** Saturday, May 11th

**BLACK BELT TEST DATE:** Saturday, May 18th