Requirements to enter prep cycle have changed. Please read CAREFULLY.

Black Belt Prep Cycle Application

Student Name:_____

Age:_____

Please review and answer these questions accurately. Our goal is to understand if the goal of training for Black Belt testing makes sense and is a possibility at this time.

We will review and verify each individual student's attendance record, level of fitness, knowledge of curriculum, etc. to confirm his or her preparedness for participation in the Black Belt Prep Cycle.

Please review and complete honestly:

Consistent Attendance Requirement:
Has this student been consistently attending classes (a minimum of twice per week - "A" Days and "B" Days? [ ] **Yes** [ ] **No**

***Please note:** *Students who have not been attending class twice per week consistently or have frozen their membership in the past 60 days are NOT ELIGIBLE To participate in the prep cycle.*

Physical Conditioning Requirement:
Can this student demonstrate 30 consecutive push-ups (chin to fist) and 30 consecutive full sit ups? [ ] **Yes** [ ] **No**

Prep Cycle Attendance Requirements:
Can this student realistically commit to attending class 3 times per week for the duration of the preparation cycle? This includes an "A" Day class, a "B" Day class and Saturday candidate class every week. Please consider other commitments and extracurricular activities before answering.

[ ] **Yes** [ ] **No**

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Running Requirement:

I hereby certify that I have completed a two mile run (8 laps) within the past 30 days on a high-school track with an elapsed time of 20:00 or less. No treadmills allowed.

[ ] Yes [ ] No

Date of run: _____

Location:_____

Elapsed time:_____

***Please note:** *Proof in the form of a screen shot within a running app (Nike Run Club , Adidas Running) is REQUIRED. Print and attach the screen shot to this application or e-mail to martialartsforlife@aol.com **prior** to submitting this application.*

First & Final Attendance Requirements:

I have reviewed the start and end dates for this prep cycle and understand that attendance at the first class and final class are mandatory. If I miss the first class I will be ineligible to enter the prep cycle. If I miss the final class, I will be ineligible to participate in pre-testing and the final performance and graduation. I have also reviewed the test dates and understand that there are no make-ups for for this exam and I must be present for pre-testing & testing on those dates.

[ ] Yes [ ] No

Martial Arts Curriculum Requirements:

I hereby certify that I am aware of the curriculum requirements and I am ready to perform them unassisted during my **first** prep class. I understand that I am required to have full knowledge of my curriculum and that I must be ready to perform smoothly and powerfully from beginning to end without hesitation. I also understand if I am unable to do so I will be unable to participate in this prep cycle.

[ ] Yes [ ] No

Black Belt Training Logs:

I understand that I am required to fill out a training log and band it in at the beginning of each Saturday prep class for the purposes of being coached. I agree to be held accountable and be coachable through this entire process.

[ ] Yes [ ] No

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Policy for Dismissal:
Both the student and parents / guardians understand that a student will be automatically dismissed from the preparation cycle and rescheduled for the next test date if they are unable to demonstrate the baseline physical requirements (including 30 push-ups / 30 sit-ups & proof of 2-mile run in 20:00), lack sufficient knowledge of test curriculum, fail to demonstrate effort and/or fail to regularly attend the requisite classes.

[ ] Yes [ ] No

Black Belt Prep Cycle Policies:

1) No make-up exams are given for any portion of the Black Belt Test including fitness requirements and pre-testing. Students unable to attend or complete any portion of the exam may try again at the next exam (typically held every 6 months).

2) Students **must** be present for the **FIRST** candidate class the cycle and the **FINAL** candidate class the week before pre-testing.

3) Students who have not been attending class twice per week consistently of have frozen their membership in the past 60 days are **NOT ELIGIBLE** to participate in the prep cycle.

I have read, understand, & agree to the above requirements & policies. I am hereby ready to participate (or have my child participate) in the Black Belt Prep Cycle.

STUDENT:

Printed Name:_____

Signature:_____

Date:_____

PARENT OR GUARDIAN:

Printed Name:_____

Signature:_____

Date:_____