



FIRST DEGREE BLACK BELT REQUIREMENTS

- ACTIVE training (minimum twice per week) leading up to candidate cycle.
- A 1 to 2 minute testimonial on the benefits of martial arts training for people in general, and what it has done for you personally (given on test day).
- A 500 word essay on what being a Black Belt means to you.
- Successful completion of a 2-mile run at the track in 18:00 or less on the day of the pre-test.
- Successful completion of 50 chin-to-fist push-ups on the day of the pre-test.
- Successful completion of 50 full sit-ups on the day of the pre-test.

Forms

Pride Form

Dekkers' 15

15-Count

12-Count

Combinations

4-count Combinations

Elbow Combinations

Boxing Flow

Bob & Weave Combinations

Kicking Skills

Precision Kicking Skills:

1. Front Kick
2. Round Kick
3. Side Kick