

Black Belt Candidates - November 2024 Black Belt Prep



Parents' Meeting: Saturday, June 8th 12:00 p.m.

We will hold a 20 minute parents' meeting on **Saturday June 8th** to go over requirements and timelines, for November 2024 Black Belt testing. Candidate classes will begin on **Saturday, September 7th** (12:00 p.m.).

Scan the QR code or visit Tinyurl.com/Nov24Test for a quick video with important information for November 2024 Black Belt candidates.

BLACK BELT PREP CYCLE APPLICATION

Potential candidates must complete the requirements outlined in the Black Belt Candidate Prep Cycle Application (see link below). **The application has changed for 2024, so please be sure to review it as soon as possible.**

An improved application process 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) 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 2-mile run in 20:00 or less)* 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: Tinyurl.com/BBPrepApp

Black Belt Prep Curriculum Resource website: Beginkarate.com/BlackBeltPrep

Push-up & Sit-up Tutorial: Tinyurl.com/PushUpSitup

***The timed TWO MILE run is to be completed on your own - at a track (NP High School, GL, etc.). Elapsed time is recorded on your prep cycle application and must be completed in 20:00 or less. Candidate must verify their time with a screen shot of their running app. See the Black Belt Prep application for details.**

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.*

November 2024 Curriculum Requirements

Curriculum Resource Page: www.BeginKarate.com/blackbeltprep

*In order to **ENTER** prep cycle, students must be able to perform the following curriculum without assistance (precision kicking sets are 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

3-Count Combinations:

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

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. Upper / Roll Right / R. Cross / L. Hook / R. Cross

PRE-TEST DATE: Saturday, November 16th (7:15 a.m. N.P. Track / 12:00 p.m. at MAFL)

BLACK BELT TEST DATE: Saturday, November 23rd (1:00 P.M. at MAFL)