

Black Belt Testing Schedule

Sparring: Light to medium contact

Saturday, May 28th

8:30-10:00 AM

We will Start at 8:30 AM Sharp. Be here at 8:00 AM to get warmed up and geared up.

Pad Work

Saturday, June 4th

8:30 AM-10:00 AM

We will Start at 8:30 AM Sharp. Be here at 8:00 AM to get warmed up and geared up.

Conditioning Test

Saturday, June 11th

8:30 AM at Civic Field. If Civic Field is occupied we will move to Batersby Field.

We run rain or shine!

References, community service and written test due

Saturday, June 11th

Graduation Ceremony

Saturday, June 18th, 10:00 AM-11:30 AM

If you have photos of you or your children throughout the years of martial arts training, I would love to have digital copies or borrow them for a weekend. They will be used in making our "Journey to Black Belt" video.



Black Belt Test

All candidates for Black Belt must uphold the traditions of excellence and the high standards of character that are the foundations of the martial arts. All students seeking to be promoted to Black Belt must complete the following test.

Part I

Sparring: 1 hour; Fifteen 2 minute rounds with one minute rest

Part II

Pad Work: 1 hour; Fifteen 2 minute rounds with one minute rest with questions about what it means to be a Black Belt during the rests.

Part III

Technical Test: No time limit
Demonstration of excellence in form
This is graded during the pad work test.

Part IV

Comprehension: Take home written test
This test is to discuss what it means to be a black belt, what are the core values of martial arts, and what the benefits of martial arts training are. There is no time limit, the exam will be reviewed with the instructor. Answers may be shared at the Black Belt promotion ceremony.

Part V

Physical Conditioning: 45 minutes
This is really a test of spirit. The conditioning will include running, push ups, sit ups and other calisthenics.

Part VI

References:
Each Black Belt candidate must receive two letters of reference describing why this person deserves to become a black belt. One letter must be written by the parents and the other can be from any source. Letters may be shared at the promotion.

Part VII

Community Service: 5 hours
It is important that as martial artists, we give to our communities. It is vitally important that as we grow strong ourselves, we in turn help others. For this requirement, five hours of community service must be completed on behalf of Total Confidence Martial Arts. You may choose any service project you wish as long as it helps the community.

Part VIII

Promotion Graduation:
Celebrate the Excellence Achieved



Black Belt journaling

What have you learned from your training at TCMA on your journey toward Black Belt?

What is the most valuable lesson you have learned from studying the Martial Arts?



Black Belt journaling

What does it mean to be a Black Belt?



Black Belt journaling

Why do you want to become a Black Belt?



Black Belt journaling

What is your responsibility as a Black Belt? To your family? To your community? To TCMA? To your instructors?



Black Belt journaling

What is respect? Why is respect important? How do you show respect to yourself? How do you show respect to others?



Black Belt journaling

How has learning martial arts helped you learn focus? Describe physical focus. Describe mental focus. What are your strategies for keeping focused? How has this helped you in the rest of your life?



Black Belt journaling

What are the steps to goals setting? What are your worthwhile goals? Short term? Long term? How do you make sure you follow through with your goals?



Black Belt journaling

“I would rather be half an hour early than one minute late”. What does this mean? Why is punctuality an important quality of a black belt? How do you keep your day organized so you can be prepared and on time for worthwhile activities? How do you eliminate time wasters?



Black Belt journaling

What is an emotional state? What are your patterns of emotion through out your day? Through out your week? How do you control your emotional states? What gets you in a peak emotional state?



Black Belt journaling

What is the difference between getting your black belt and becoming a black belt?



Black Belt journaling

What are the core values of martial arts?



Black Belt journaling

What has been your favorite part of your martial arts journey? What has been your favorite part of this black belt test?



Black Belt journaling

Are you a Black Belt? Why?

