



# BLACK BELT CANDIDATE CURRICULUM

## QUALIFICATION FOR CYCLE

- 1) Running - 2 Miles Under 26 Minutes  
**NO WALKING**
- 2) Need to have averaged three classes per week during these first two months of cycle.
- 3) 10 perfect pushups in 1 minute
- 4) 20 perfect sit ups in 1 minute
- 5) Strong, correct martial arts basics

## FITNESS

### Flexibility.

Must push the limits and show improvement in flexibility. Unless specifically discussed with Sensei, you must be able to kick head level.

### Strength & Conditioning.

Fitness Assessment. You will need to perform fitness drills for a duration of one minute. You will also be judged on your ability to continue to work hard and not show your fatigue. You will need to exercise and run regularly in order to show appropriate improvement.

### Self-Motivated.

Students should be self-motivated. Part of being a Black Belt is that you are responsible for completing your training logs, making yourself do the work you need to do.

## TECHNICAL SKILLS

### Mastery of the Basics.

Must show technical correctness in skills learned since white belt, including all Kata.

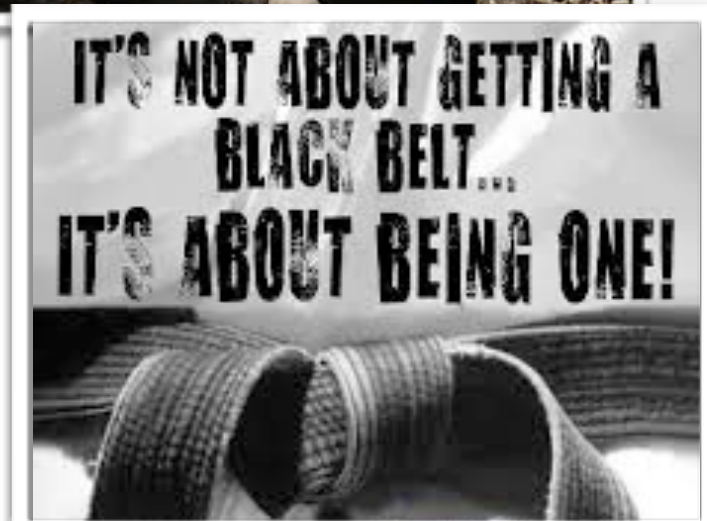
### Develop Creative Kumite.

Create own Kumite using knowledge and understanding of existing Kata and Kumite movements.

### Speed and Effectiveness of Self Defense

With controlled intensity

**Must take part in a dojo events.** This is not only to support the dojo, but it is so important to improve your skills at every opportunity.



## APPLICATION OF TECHNIQUES

**Must be capable of breaking appropriate size board with Hand and Foot techniques.**

## WHAT IT ALL MEANS

**Must write a full 1-2 page essay explaining what the martial arts means to you and what it has done for you.**

Completed essay must be typed and double spaced. To be turned in no later than Final Exam. We will read from this during the Black Belt Spectacular.. "Speak" from the heart. This should be inspirational to all.

**Here are a list of questions to use to guide you in writing the essay. Do not answer these as questions. It should be in essay form. Parents, you may guide them, but please allow them to write this themselves. We want this in their words!**

**Important: Put some thought to this. Your essay will be read by Sensei to all spectators, make it special.** Please answer the following questions on a separate sheet of paper, typed in essay form.

- How and why did you first get started with SCS Martial Arts & Fitness?
- Please describe how you have changed in the following areas since you began your training in our BLACK BELT SUCCESS SYSTEM:
  - 1. Physically
  - 2. Mentally
  - 3. Emotionally
- Why do you feel you are now ready for promotion to BLACK BELT? (All Stars and Top Guns will answer the same in regards to their advancement.)
- What does it mean to you to be able to earn such a highly respected rank in the SCS Martial Arts & Fitness BLACK BELT SUCCESS SYSTEM?
- What are some goals you would like to achieve in the next 1 to 3 years? (Martial arts goals, as well as other areas of life you'd like to share.)
- Sensei Boyer strongly believes in Leadership by Example with the Energy for Excellence. Please describe the qualities you have seen in our Black Belt leaders that have inspired you. Please use names and/or instances that may provide good examples.
- Please share any inspirational quotes or philosophies or messages that have impacted you and/or that you may use to keep yourself motivated and inspired.
- We would like to say 'THANKS' to you and your family for your dedication and commitment to maintaining the standards of excellence that we strive to attain through the SCS Martial Arts & Fitness BLACK BELT SUCCESS SYSTEM!
- Please feel free to add any additional comments or personal success stories you would like to share with us.