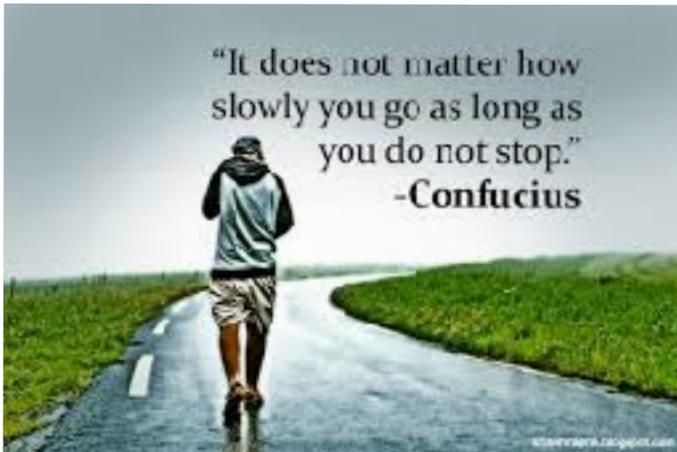


BLACK BELT CYCLE REQUIREMENTS

- You should train at least **six** _____
_____ **days** _____ per week.
- You should get in **three** _____ classes
per week (One can be a Hyper Class
as long as you get in an **A** and **B**
_____ **days** _____).
- Beginning **February 20, 2018** _____,



- you should get **4** _____ classes in per
week. The fourth class will be the
Candidate _____ class. If there is is not
one scheduled that week, you are not
required to attend it or make it up.
- You may miss no more than **2 candidate**
_____ classes in a six month cycle.
- Those who are in their **1st Cycle** (going
for 2nd degree or higher) are only

required to come to half the classes and
exams.

■ **Training** _____ **Logs** _____

**must be turned in at the
beginning of each week.** If you're
not doing the logs, you're probably not
training.

■ Refer to your **Cycle** _____
Packet _____ regularly.

■ Train as a team, **encourage** _____
others, connect to train. If you use
social media _____ or **text messages**
use it to **connect to** _____ your
teammates and help remind each other
to train.

■ **Behavior** _____ and
attitude _____ are important.

■ **Be aware of**
important dojo _____
dates _____

■ Do not plan **vacations** _____
during the last month of cycle. This
makes things very hard to be able to be
ready for YOUR **spectacular** _____.

■ **Wear** _____ **full** _____ **gi** _____
to prechecks, exams and Power
Weekend.

■ You may not miss **any** _____
prechecks or exams _____.

■ **Music, photos and essays must be**
turned in on the dates specified.
We will not accept them after the
designated date.



■ **Black Belt Fees** must be turned in by
May 5, 2018 _____ so that we can
get the belts and uniforms on time. It is
\$150 for your new uniform,
embroidered belt, an annual tee shirt
(where we put the Black Belt names on
it) and a framed certificate (awarded
after certification. You will also receive
four VIP tickets for the Spectacular.

■ We will go through each
kata _____ in detail during the
candidate classes. If you miss one, ask
a teammate to review it with you or
video the details. You may also
schedule private lessons with Kyleigh or
Brandon for a fee.



■ Be **positive** _____.

Attitude _____ is a big part of cycle. (see, it's on here a second time!)

■ Don't **compare** _____ **yourself** _____ to others.

Parents please remember this.

Every student has their own things to overcome, their own strengths, their own weaknesses. Please remember that Sensei and Ms. Crissi have everyone's best interest at heart and we want to help each student become their best. That looks different for each individual black belt.

■ Know your **strengths** _____ and **weaknesses** _____. Observe the Hyper Team Captains and Instructors to see what you may need to

work on. Ask for advice from Sensei and Ms. Crissi.

■ **Listen** _____ to advice given in class. Often we are repeating the same things over and over again.

■ Be a **positive** _____ **role** **model** _____ wherever you go. It's not just how you perform or act in the dojo that matters.

Things _____ **you** **say** _____ or things you post on social medias represent you. What you choose to portray to the world demonstrates whether or not you are a Black Belt.

■ **Train** _____ hard. You will celebrate your victories from your own hard work.

■





BLACK BELT TRAINING GOALS

FIRST CYCLE

RUN at least two times per week. Runs should be 2-3 miles. Warm up before running, stretch following the run. Do not stop during runs. Our goal at this point is NOT to be able to run two miles fast, but to become comfortable and confident running two miles or more. Once we have achieved this, we can then work on improving our pace.

Pushups, crunches and squats EVERY OTHER DAY. Without fail. Be sure to do flawless technique. Don't cheat yourself or your Sensei by doing improper pushups. Everyone admires ten perfect pushups much more than 100 "half" pushups. Begin by doing five sets of ten of each every other day. When you can do this with confidence, begin adding another set of ten until you've reached ten sets of ten every other day.

Work on your flexibility! If you cannot achieve a near full split and hold a front kick above head level, you should be stretching and pumping kicks with perfect form with intensity daily. This will allow you to have kicking skills you never would have thought possible. You should use the same five sets of ten idea as the fitness.

Creative Kumite! You should be creating a strong creative kumite that will highlight your skills at your Black Belt Spectacular.

FINAL CYCLE

RUN at least two times per week. Runs should be 2-3 miles. At this point in your training, running two miles or more without stopping should not be much of a challenge. This means we can now train for gain. Your goal should be to run two miles in 16 minutes or less.

Pushups, crunches and squats EVERY OTHER DAY. Without fail. Be sure to do flawless technique. You should be able to execute at least 20 pushups without a single pause. This will help ensure that you will be able to achieve your Black Belt.

Work on your flexibility! Kicks should be at head level or above unless otherwise discussed with Sensei.

Creative Kumite! You should be entering your final cycle with a nearly complete Creative Kumite that highlights your skills. We can then spend this final cycle fine tuning and perfecting your routine.

