

## 3<sup>rd</sup> Gup to 1st Dan Guidelines

Congratulations, you are entering the next stage of your martial arts journey. Provided below are resources you will need to be most successful in this stage.

Each semester you will be required to submit the following forms to the Club Manager. **These are all on the website under "Training and Testing/Testing Documents"**. The testing request will need to be completed in full and requires 2-3 instructors' signatures in order to move forward and test. The Testing Form must be completed and turned in at the same time as the Testing Fee -typically 6 weeks ahead of testing. Plan! Lead instructors will require demonstrations of your skills and do not sign off on these testing requirements lightly. Their name on this form is an attestation that you are ready to test. If you are not ready-they will not sign-you need to continue to train. This is a process, and most individuals recognized the challenges in preparing for each level of testing. Again-practice, prepare and review.

### **Required documents: Due dates vary**

1. Testing Registration per your level.
2. Training and Teaching Log-print this out and keep it current. This is evidence of your training and your presence as a teacher in the 1<sup>st</sup> class. You are required to have a minimum 30 hours of teaching in prior to testing for 1<sup>st</sup> Dan Black Belt. This is also a record for you to keep for your own records of your growth.
3. Written Paper: The requirements per paper are listed on the last page of the Red Belt Testing Registration. Your topic may be assigned, or it may be something that you feel very strongly about personally. Make it matter. The papers are 1-2 pages in length minimum and you will be doing several of these over the years. Typed and single spaced, 12 font, with normal margins are also required. If needed, you can email.
4. Testing Fees paid. The testing fees are normally requested 6 weeks ahead of the testing. However, you need to know that you will be allowed to test so stay current with all your requirements. Advancement is NOT a right-it is earned, and testing eligibility is determined by your skills, your attendance, your demonstrations of competence in doing all the requirements from all lower gups. This is a process to be actively engaged in -the earning of the rank of 1<sup>st</sup> Dan is an incredible achievement-be active in pursuing this outcome.

### **Additional Expectations**

#### **Weapons: Demonstration of an approved weapon Defined 6-9 months ahead of testing**

Learning a weapon is expected at this level. Over the years we have had instructors available to teach a variety of weapons but this changes as these instructors retire or move. To provide consistent training for the weapons requirement, the Bo Staff was introduced. Students have several opportunities per semester to learn Bo basics as well as the learn the first Bo form -Kihon No Kata. In addition, the Bo form(s) are all recorded, and the YouTube Link is available on our website under "Training and Testing", (Lake Orion). The Bo itself can be ordered through the club and per GMM, only Bo's ordered through the club can be used in class.

Weapons are an extension of martial arts with similar techniques and mechanics used. By learning a weapon, you expand on your skills. If you have an interest in another weapon and have identified an instructor who has the skills to teach you-let the manager know. The instructor must have recognized training in the weapon you have selected. YouTube videos are not an acceptable format. If you want to learn an additional weapon, and want to demonstrate this weapon and have found a qualified instruction source, you must discuss this with Head Instructor/manager 6 -9 months ahead of testing. Again-this is your responsibility.

### **Breaking: Submission of a Breaking Diagram Due 3 weeks before Testing**

Breaking is a demonstration of power, focus and speed. Breaking demonstrations heighten your skills and improve all applications of what you have learned over the prior years. Each Gup has identified breaking requirements. These include hand and feet techniques as well as using the right and left side of the body. As you advance-more complex techniques will be introduced and will be required for breaking. All Breaking guidelines are in the Board Breaking Manual, under "Testing Documents" on the website. Many individuals in the club are available to assist you with your training-however, asking 6 people for assistance will give you 6 different perspectives. Please ask the Manager to direct you to the best instructor for your needs.

### **Scope of Knowledge**

The entire list of requirements for Black Belt Testing is available on AMAAKarate.com as well testing requirements for all the lower gups. Each level builds on the previous level-you will be required to know all the requirements preceding your current level. Review is important!

As a community club, we meet once per week with an average of 15-week classes, 3 sessions per year. With one class meeting per week, at 1 hour per class, that breaks down to around 42 classes per year-42 hours over a year. 450 hours over 5 years. Building competence and skills requires far more than that. You should be practicing 2-3 hours per week, focusing on new skills as well as the review of previous skills. A good front kick is the basis for a good jump front kick. A good front kick is part of many forms. One skill builds the next skill. A more traditional class would meet 2-3 times per week with 2-3 hours of class so you could get 1350 hours of training. In order to improve, you have to train, practice, and review.

This is the summary of the expectations. If you have questions, bring them to the attention of your instructor. This is your journey and a great one to be on.

Signed-Acknowledgment of receipt of this document

Student Name \_\_\_\_\_

Date: \_\_\_\_\_

Signed: (parent of minor)

\_\_\_\_\_

Date: \_\_\_\_\_

Head Instructor: \_\_\_\_\_