

# Black Belt Cycle

October 2023 – April 2024

## Required Curriculum

Short 3  
Bokken  
\*Tiger (for degrees only)  
Techniques D6

## Thesis Kata

1<sup>st</sup> Degree= Empty Hand  
2<sup>nd</sup> Degree= Weapon Kata  
3<sup>rd</sup> Degree= Multiple Attackers  
4<sup>th</sup> Degree= Partner Kata

## Required gear

Bokken  
Bag Gloves

## Team Kata

Flip Belts= Strike Set  
1st Grade= Short 2  
2nd Grade= Tiger Set  
3rd Grade= Force 1 and 2  
4th Grade= Finger Set  
5th Grade= Long 1  
1st Degrees= Force 3  
2nd Degrees= Single Arnis

## Classes

Students must complete 50 regular black belt classes and 21 sparring classes by exam day. (Estimated to be 5/4/2024)

WK	DATE	CURRICULUM
1	10/22/2023	Orientation/Special Training
2	10/29/2023	Tech 1, Short 3, Tiger
3	11/5/2023	Tech 2, Short 3, Tiger
4	11/12/2023	Tech 3, Short 3, Tiger
5	11/19/2023	Tech and Kata Review
6	11/26/2023	Tech 4, Short 3, Tiger
7	12/3/2023	Tech 5, Short 3, Tiger
8	12/10/2023	Tech 6, Short 3, Tiger
9	12/17/2023	Tech 7, Short 3, Tiger
10	12/24/2023	Dojo Closed
11	12/31/2023	Tech and Kata Review
12	1/7/2024	Tech 8, Short 3, Tiger
13	1/14/2024	Tech 9, Short 3, Tiger
14	1/21/2024	Tech 10, Short 3, Tiger
15	1/28/2024	Tech and Kata Review
16	2/4/2024	Tech 11, Bokken
17	2/11/2024	Tech 12, Bokken
18	2/18/2024	Tech 13, Bokken
19	2/25/2024	Tech 14, Bokken
20	3/3/2024	Tech 15, Bokken
21	3/10/2024	*Closed for Spring Break*
22	3/17/2024	Tech review, Bokken
23	3/24/2024	Estimated Pre-Exam 3/23/24
24	3/31/2024	Exam Preparation
25	4/7/2024	Exam Preparation
26	4/14/2024	Graduation Preparation
27	4/21/2024	Graduation Preparation
28	4/28/2024	Estimated Exam 5/4/24
29	5/5/2024	Estimated Graduation 5/12/24

## **Bonus Opportunities: Only 1 of the 2 options below can be used.**

**Option 1:** Anyone competing in 2 or more IAMARRS tournaments between 10/22/23 and 5/4/24 may substitute one of the following: ***Pull ups, push ups, sit ups or run.*** Must compete in sparring and either weapons or forms divisions.

**Option 2:** Bonus points may be earned for handwriting your self-defense techniques. **Due by 3/6/24.**

## **Graduation Performance:**

All students in the black belt class will be performing on the graduation regardless of pass, fail or eligibility. You are part of an elite team of students. Support and participate with your team so you may better prepare for future exams.

## **Fitness Requirements:**

Candidates must qualify for pre-exam by demonstrating all of the fitness requirements in front of an instructor during the course of a belt cycle. Requirements include Pull ups, push ups, sit ups, board breaks, and bag kick.

## **Techniques D6**

1. Fish Hook=Straight Right Then Straight Left Punch
2. The Dagger=Right Roundhouse Punch
3. Mantis=Straight Right Punch From The Right Side
4. Sticks Of Satin=Right Overhead Club Attack
5. The Sleeper=Straight Right Punch
6. Sewing The Seeds =Straight Left Punch
7. Destructive Twins =Front Two Hand Shirt Grab
8. Thrusting Knuckle=Left Hand Grabbing The Right Shoulder
9. Flashing Wings=Straight Right Punch
10. Circling Destruction =Straight Left Punch
11. Lifting Knee=Two Hand Shirt Grab
12. Thrusting Palm=Right Front Kick
13. Attacking Mace=Straight Right Punch
14. Thundering Hammer=Straight Right Punch
15. Circling Elbow=Left Hand Grab Right Shoulder