

# Black Belt Cycle

October 2019 – April 2020

## Required Curriculum

Force 4  
 Double Tonfa  
 \*Long 4 Part 2 (for degrees only)  
 Techniques D4

## Thesis Kata

1st Degree=Empty Hand  
 2nd Degree=Weapon Kata  
 3rd Degree=Multiple Attackers

## Required gear

Pair of Tonfa

## 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= Action Set  
 2nd Degrees= Universal Staff

## Classes

Students have 24 training weeks to complete the Black Belt requirements. 58 regular classes and 24 sparring classes must be completed by exam day. (Estimated to be 4/4/2020)

WK	DATE	CURRICULUM
1	10/13/2019	Technique 1, Force 4
2	10/20/2019	Technique 2, Force 4
3	10/27/2019	Technique 3, Force 4
4	11/3/2019	Technique 4, Force 4
5	11/10/2019	Technique 5, Force 4
6	11/17/2019	Technique 6, Double Tonfa
7	11/24/2019	Technique 7, Double Tonfa
8	12/1/2019	Technique 8, Double Tonfa
9	12/8/2019	Technique 9, Double Tonfa
10	12/15/2019	Technique 10, Double Tonfa
11	12/22/2019	Dojo Closed
12	12/29/2019	Technique 11, Team Katas
13	1/5/2020	Technique 12, Team Katas
14	1/12/2020	Technique 13, Team Katas
15	1/19/2020	Technique 14, Team Katas
16	1/26/2020	Technique 15, Team Katas
17	2/2/2020	Tech and Kata Review
18	2/9/2020	<i>*Written techniques due.</i>
19	2/16/2020	Exam Preparation
20	2/23/2020	Exam Preparation
21	3/1/2020	Estimated Pre-Exam 3/27/20
22	3/8/2020	Exam Preparation
23	3/15/2020	Estimated Exam 4/4/20
24	3/22/2020	Graduation Review
25	3/29/2020	Estimated Graduation 4/19/20

\*Bonus points may be earned for hand writing your self-defense techniques.

## 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,

Extra Kata I will be tested on during exam \_\_\_\_\_.

## TIP Testing

Candidates will checkup on their physical progress and document it on their attendance cards during TIP testing day. \*TIP TESTING DAY COUNTS AS A REGULAR CLASS ONLY IF ALL PHYSICAL REQUIREMENTS ARE COMPLETED AT THE DOJO.

## Techniques D4

1. Windmill Guard + = Straight Right Punch
2. Destructive Twins + = Two Hand Shirt Grab
3. Sumo = Two Hand Front Belt Grab
4. Entwined Maces = Straight Left Then Straight Right
5. Missing The Leap = Straight Right Punch
6. Circles Of Protection = Straight Right Punch
7. Taming The Mace = Straight Right Punch
8. The Back Breaker = Straight Right Punch
9. Crossed Twigs = Rear Two Hand Wrist Grab
10. Fallen Cross = Rear Two Hand Choke Hold
11. Thrusting Salute = Right Front Kick
12. Triggered Salute = Right Hand Push To The Shoulder
13. 5 Swords = Right Roundhouse Punch
14. Sword Of Destruction = Left Roundhouse Punch
15. Sword And Hammer = Shoulder Grab