**Black Belt** is an achievement representing years of hard work, dedication and perseverance. The Black Belt Challenge is four months of intensive testing and preparation for this awesome accomplishment:

**Orientation**
 A 45-minute workout designed to get participants acquainted with the physical demands of Black Belt Boot Camp and the Black Belt Test, followed by a discussion of physical conditioning and practice strategies. The Black Belt Pre-Test is also discussed.

**Pre-Test** Candidates are tested on all of their material from White Belt forward. Scoring is based on knowledge, execution and spirit. Candidates must get a 70% or better to proceed.

**Black Belt Boot Camp** Two hours of intensive training and physical conditioning every Saturday morning. Each session begins with a run, with candidates expected to run 2.5 miles by the final session. Participants will not only sharpen their existing skill sets, but learn to apply them in stressful and unpredictable circumstances. While urged to attend every session, candidates may miss two. Tardiness counts as an absence.

**Black Belt Test** A five hour test, followed by a Black Belt Ceremony open to the entire community.

**DOJO BLACK BELT REQUIREMENTS**

**TIME REQUIREMENTS:**

**Brown Belts** must achieve the rank of 3rd Degree Brown Belt one year before the Black Belt Test, and achieve 1st Degree Brown Belt by the first day of Boot Camp.

**Junior Black** **Belts** under 13 years old must hold Black Belt rank for two years to test for Teen Black Belt. JBB’s 13 years or older must hold Junior Black Belt rank for 18 months.

**Teen Black Belts** under 16 years old must hold Black Belt rank for two years to test for First Degree Black Belt. TBB’s 16 years or older must hold Teen Black Belt rank for 18 months.\*

**First Degree to Second Degree:** Two years\*
**Second Degree to Third Degree:** Three Years\*
**Third Degree to Fourth Degree**: Four Years\*
**Fifth Degree and Higher:** Five Years\*

\*Teachers can be credited six months.

**SKILL REQUIREMENTS:**

A score of 70% or better must be achieved on the Black Belt Pre-Test for all students going for Junior Black Belt up to Second Degree Black Belt. Candidacy for Third Degree Black Belt or higher is at the discretion of Senior Instructors.

**BOOT CAMP REQUIREMENTS**

Candidates may be absent for no more than two Boot Camps. Tardiness counts as an absence. Candidates must also be able to meet all the physical challenges of Boot Camp\*\* and complete all home practice assignments.

\*\*Adjustments can be made for medical reasons.

**TOURNAMENT**

Candidates are expected to participate in either the Dojo’s Fall Tournament or Karate International’s Spring Tournament.