

# The Road to Black Belt

**Congratulations**, on earning your Brown Belt. This is a significant achievement and definitely something to be proud of; however, you have not yet reached your goal.

***The Academy of Martial Arts is a Black Belt School.*** We see a Black Belt in every student and it is our objective to help every one of you along this journey. Like all significant accomplishments, the road to Black Belt is not an easy one to follow; that's what makes it so rewarding.

***No significant accomplishment was ever easily earned; they all required commitment, effort and a plan.*** *Shihan Cyr*

This is your plan, your **Road to Black Belt**. The training plan detailed in this document is intended to help clarify what to expect at each level of Brown Belt. Your ultimate success will command *Effort, Commitment, and Consistency* in equal parts.

## **Effort**

- Train for improvement. *Do not just "come to class"- come to class to train.*
- Train in appropriate belt level classes, practice on your own, and attend: seminars, tournaments, and lectures. In their own way each of these actions will greatly benefit your training.

## **Commitment**

- Assisting beginner level classes will help you to gain confidence, develop your Martial Arts foundations and begin to pay back the help you received from senior students when you first began.

## **Consistency**

- Improvement in any activity is achieved through repetition, repetition, repetition, and time.
- A Black Belt grading is not something you can cram for, your continual effort over the course of your Brown Belt will see you to your goal.



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## **Brown Belt** (*Third Kyu*)

With continuous effort, students at this level can expect to grade for their first stripe (**Second Kyu**) within **Six** to **Eight** months.

For promotion to **Second Kyu**, the following conditions must be met prior to your grading.

1. You have maintained a regular training schedule, of at least **Three** (3) classes per week.
2. You have maintained a consistent weekly assisting schedule. (**One Leadership Credit**, 25+ hours assisting)
3. You have participated in training seminars, lectures, tournaments, and other selected Dojo events. (**Three Educational Credits**)
4. You have audited Kyu Belt Gradings as a non-grading participant. (**One Adult Level** and **One Youth Level** grading).
5. You have completed all of the Academic Requirements noted on your belt level **Kyu Card**.
6. Submit your **Letter of Intent to Grade for Second Kyu**, once all of these conditions have been attained. Your principal instructor will review all submitted materials and may likely request a meeting, prior to presenting their grading recommendation.



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## **Brown Belt Intermediate (Second Kyu)**

With continuous effort, students at this level can expect to grade for their second stripe (**First Kyu**) within **Six** to **Eight** months.

For promotion to **First Kyu**, the following conditions must be met prior to your grading.

1. You have maintained a regular training schedule, of at least **Three** (3) classes per week.
2. You have maintained a consistent weekly assisting schedule. (**One Leadership Credit**, 30+ hours assisting)
3. You have participated in training seminars, lectures, tournaments, and other selected Dojo events. (**Three Educational Credits**)
4. You have audited Kyu Belt Gradings as a non-grading participant. (**Two Adult Level** and **One Youth Level** grading).
5. You have regularly attended **Second Kyu Practicums**.
6. You have completed all of the Academic Requirements noted on your belt level **Kyu Card**.
7. Submit your **Letter of Intent to Grade for First Kyu**, once all of these conditions have been attained. Your principal instructor will review all submitted materials and may likely request a meeting, prior to presenting their grading recommendation.



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## **Shodan Candidate** (First Kyu / Kuro Obi Kohai)

With continuous effort, students at this level can expect to grade for their **Sho Dan** (**Black Belt**) within **Six** to **Eight** months.

The following conditions must be met prior to receiving your **Sho Dan**.

1. You have maintained a regular training schedule, of at least **Three** (3) classes per week.
2. You have maintained a consistent weekly assisting schedule.  
(**One Leadership Credit**, 40+ hours assisting)
3. You have participated in training seminars, lectures, tournaments, and other selected Dojo events. (**Four Educational Credits**)
4. You have audited Kyu Belt Gradings as a non-grading participant.  
(**Two Adult Level** and **One Youth Level** grading).
5. You have regularly participated in **Sho Dan Candidate Practicums**.
6. You have completed all of the Academic Requirements noted on your belt level **Kyu Card**.
7. Request a meeting with your Sensei to discuss your eligibility to grade for Sho Dan. Be prepared to show how you will meet or exceed all of the above noted requirements prior to the scheduled grading date. This meeting will determine the timing of the final step in your Road to Black Belt.
8. Submit your **Letter of Intent to Grade for Sho Dan**.



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Effort, Commitment, and Consistency are all winning components on your road to Black Belt. We would love nothing more than to help every one to reach this Goal.

In the past, the financial aspect of the Black Belt process has occasionally come as a surprise to some or was left unplanned for by others. This created pressure or anxiety at a time when it was not necessary. For these reasons we present the following fee structure

## Grading & Practicum Fee Structure:

- \$115 Second Kyu Grading (first stripe)
- \$90 Second Kyu Practicum Sessions
- \$125 First Kyu Grading (second stripe)
- \$130 Sho Dan Candidate Practicum Sessions
- \$550 Black Belt grading
- \$400 to \$500 Kai Zen Do camp (subject to facility rates)

Our next step is to meet on an individual basis to discuss the specifics of your Black Belt plan. We can review the specifics of your training requirements and make a plan to tackle them. We can also formulate a plan to shift the financial burden away from your grading date. Creating a stress free plan will remove a degree of mental stress and allow you to focus more on your martial arts.

***Less than 2% of students ever achieve their Black Belt. You have come this close, now it is time to Step Up To The Challenge. Shihan Cyr***



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