

Black Belt Credits



ATTENDANCE CREDITS are earned by regularly attending at least **Three (3)** classes each week.

- You require **ONE (1)** Attendance Credit at this level.



EDUCATIONAL CREDITS are earned by participating in events outside of your scheduled classes.

- You require **FOUR (4)** Black Belt Educational Credits at this level.



LEADERSHIP CREDITS are earned by assisting in junior level classes.

- You require **TWO (2)** Black Belt Leadership Credits at this level.



GRADING AUDITS are earned by participating in Kyu Belt Gradings as a non-grading student.

- You require **TWO (2)** Black Belt Grading Audit Credits at this level.



PRACTICUMS are training sessions to prepare Shodan Candidates for their Black Belt grading.

- You are required to have attended no less than **SIX (6)** First Kyu Practicums at this level.

BLACK BELT DOSSIER

Your Black Belt Dossier is a collection of video and written material that you are required to submit before your Shodan grading. This is a reflection on your Martial Arts Journey; therefore, it should be presented in a professional manner.

The following requirements are to be electronically submitted to your Dojo on or before a specified date.

GOALS

Please provide at least three Goals for each of the following timelines: 6-month, 1-year, 3-years and Long Term (5-Years +). Please include an action plan for at least your 6-month and 1-year Goals.

These Goals should extend beyond your Martial Arts.

MARTIAL ARTS RESUME

An updated copy of your training history.

ESSAY "What Karate Means to Me" (1,000 words)

A personal reflection of your Martial Arts journey and how it has impacted your growth.

ELECTIVE KATA VIDEO

Please upload a recording of you performing your elective Kata to a "Cloud Space" of your choosing. Include a link to this video in your dossier

REGISTER FOR KAI ZEN DO CAMP

Black Belt Gradings are comprised of sessions held over Kai Zen Do Camp weekends, and conclude with a open exam on the final day. Attendance at these camps is therefore required for you to reach your Goal.



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