

## Black Belt Annual Report

*Earning your Black Belt is a significant achievement and the beginning to a whole new set of challenges and accomplishments yet to come.*

A Black Belt is a lead learner. This means that you are always learning and endeavour to discover more. The Japanese word "Dan" literally means step or stage; therefore, your Shodan is your first step and each proceeding degree you earn is another along your journey.

### YEARLY REQUIREMENTS:

After Black Belt the time between rankings is typically measured in years. Consequently, to maintain your current rank, and to be on form for your next promotion, we offer the following guidelines:

#### ATTENDANCE CREDITS: ( 100 - HOURS ANNUALLY )

To maintain your ranking a, consistent training schedule of at least two Black Belt classes per week is required.

#### EDUCATIONAL CREDITS: ( 8 - EDUCATIONAL CREDITS ANNUALLY )

To maintain your Shodan ranking, you are required to earn Eight Educational Credits annually.

#### LEADERSHIP CREDITS: ( 80 - HOURS ANNUALLY )

To maintain your ranking, a consistent assisting or co-teaching schedule of at least one Kyu Belt class per week. Along with participation on grading boards, tournament support, and aiding in seminars and other Dojo events can help you earn the Eighty Leadership hours required annually.

### BLACK BELT ANNUAL REPORT

Every December Black Belts are required to submit a "Black Belt Annual Report". Similar to your Karate Resume, this is a summary of your Martial Arts development over the past calendar year (Attendance, Educational, and Leadership Credits).

- Please include your training and grading goals with your annual report.
- Black Belt Annual Reports can be submitted electronically or in print, between December 1 & 31 of every calendar year.



**ATTENDANCE CREDITS** ( 100 - Hours Annually )



**EDUCATIONAL CREDITS** ( 8 - Educational Credits Annually )



**LEADERSHIP CREDITS** ( 80 - Hours Annually )



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