

ACTION KARATE



Senior Black Belt Responsibility Training



Congratulations! You have proven that you possess many character traits of a Black Belt. To achieve your level of training takes dedication and perseverance. But you're not done yet. You are now ready to start your Black Belt Responsibility Training. Your Black Belt Pre-Test will be here before you know it and you know the old saying "inch by inch is a cinch." Start "inching" your way to Black Belt starting TODAY and EVERYDAY because now it's time to step up, now it's time to get ready – not next year, next month or next week but NOW!

Mandatory Black Belt Responsibility Training

Daily BBR (All Belts)

1. 40 Push ups
2. 60 Sit ups

Weekly BBR

Jr. Black and White	Review Jr. Black Belt Techniques and Kata
Jr. Black and Yellow	Review 1 Kata, 9 Techniques, and New Techniques and Kata
Jr. Black and Orange	Review 2 Katas, 18 Techniques, and New Techniques and Kata
Jr. Black and Purple	Review 3 Katas, 27 Techniques, and New Techniques and Kata
Jr. Black and Blue	Review 4 Katas, 36 Techniques, and New Techniques and Kata
Jr. Black and Green	Review 5 Katas, 45 Techniques, and New Techniques and Kata
Jr. Black and Brown	Review 6 Katas, 54 Techniques, and New Techniques and Kata
Jr. Black and Brown (Months 4-6)	Review 7 Katas, 63 Techniques, and New Techniques and Kata
Jr. Black and Red	Review 8 Katas, 72 Techniques, and New Techniques and Kata

Student Name _____

Parent's Initials Stripe one _____ Stripe two _____ Stripe three _____