



KICKSIDE
MARTIAL ARTS

SENIOR RED BELT Stripe Requirements

*1st Black Stripe: *Stripes given out during black belt reviews**

1. Perform Chung-Moo, with Black Belt excellence
2. Demonstrate White – Sr. Brown Forms (90% total forms accuracy required)
3. Recite required knowledge for the above Forms
4. Good Attendance – minimum 40 classes
5. Consistent Effort – breaks \geq 1 month will result in delayed testing

2nd Black Stripe:

1. Demonstrate 100% forms knowledge, without assistance or mistakes
2. All required knowledge for the above Forms
3. Good Attendance
4. Consistent Effort

3rd Black Stripe: Awarded at the 2-day review

1. Demonstrate 100% forms knowledge, without assistance or mistakes
2. All required knowledge for all forms (written test administered)
3. 50% instructor confidence in student passing test
4. Good Attendance
5. Consistent Effort
6. 200-word Black Belt Essay turned in

4th Black Stripe: Awarded at the 2-day review

1. Demonstrate 100% forms knowledge, with Black Belt excellence
2. All required knowledge for all forms (written test administered)
3. 75% instructor confidence in student passing test
4. Good Attendance
5. Consistent Effort
6. 200-word Black Belt Essay turned in

To Earn a BLACK BELT:

Students must be able to perform all skills listed above upon request.

Minimum of 72 Classes. Must skip one belt testing.

Positive Attitude towards fellow students and instructors.

Students must achieve personal best at this level.



SENIOR RED BELT Study Guide

Senior Red Belt

Forms: All color belt forms and belt knowledge, White Belt through Red Belt, is required to test for Black.

There are mandatory black belt reviews: One month, two weeks and two days prior to each testing date. Students should also attend reviews for the testing prior to their own to receive an eligibility stripe.*

A two hundred-word essay on how your KMA training has benefitted you, and what earning a Black Belt will mean to you is due at the two day black belt review. There will also be a written belt knowledge test. Students must earn an 85% or higher on the test.

Tournaments are a mandatory part of your training. The closest NJMAA or qualified outside tournament prior to testing date is known as your *eligibility tournament* and must be attended by all candidates, regardless of the number of tournaments previously attended. There is a MINIMUM requirement of 4 tournaments. A full tournament consists of forms AND sparring. Half credit will be awarded for a tournament with Forms Only or Sparring Only participation. Breaking tournaments may also be counted, at the discretion of your instructor, as half credit. IT IS THE STUDENT'S RESPONSIBILITY TO PROVIDE PROOF OF TOURNAMENT ATTENDANCE TO CHIEF INSTRUCTOR. Photo or video proof required for non-NJMAA events.

Board Breaking at Belt Testing: Complete breaks using one hand technique, and one kick for judges. Breaks must be approved by Chief Instructor prior to testing. No hammer fists or sidekicks are allowed unless a spin, jump, or additional board is added to the technique. Students must complete MINIMUM of one break in order to pass their test, assuming all other curriculum is passable.

**Students must attend reviews and demonstrate necessary preparation to earn stripes required for testing eligibility. Furthermore, students should learn ALL forms during the first testing cycle (4 months) as a Senior Red Belt. The goal during this time is 40 classes (10 classes/month), and a focus on learning the forms. Senior Red Belts are required to attend the reviews after their first testing cycle (approx. 4 months prior to target testing date) in order to demonstrate their knowledge for the instructors and earn a first stripe, known as the eligibility stripe. Students with under 40 classes by this time should still attend reviews and will be awarded the stripe once they hit 40 classes, during a regular class. Choosing to skip this step will result in a postponed testing date or additional conditioning and a lost attempt on all forms at the desired testing date. This is a very big test and should be treated with reverence. Guidelines are to ensure proper preparation and a more successful test. It is advised that all students observe a black belt test prior to attending one, to allow for a better understanding of what is to come. Instructors advise with the goal of helping a student through this tough test.*