

BLACK BELT

CHALLENGE

JUNIOR AND ADULT
FIRST DEGREE BLACK
BELT



Black Belt Challenge

You are about to begin a journey of discovery. During this journey you will be challenged mentally, physically, and even spiritually.

You will be asked to do things that you have never done before.

You will have to push yourself to the limits of who and what you are.

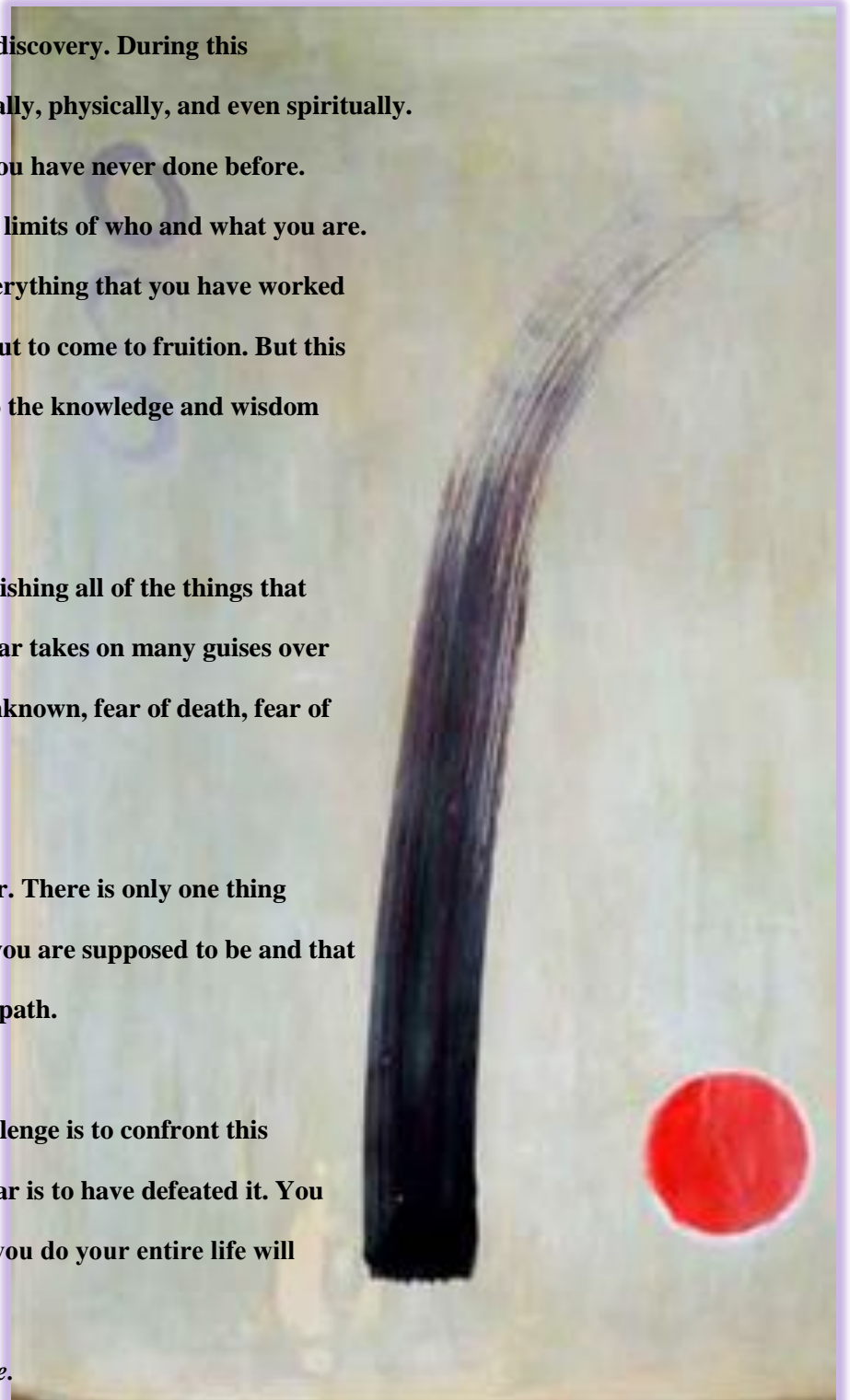
You are ready for this challenge. Everything that you have worked towards for the past few years is about to come to fruition. But this is only the beginning– the gateway to the knowledge and wisdom that awaits you on the other side.

Fear is what stops you from accomplishing all of the things that you most wish to accomplish. This fear takes on many guises over the course of your life– fear of the unknown, fear of death, fear of financial ruin, etc.

But the truth is, there is only one fear. There is only one thing that stops you from becoming what you are supposed to be and that keeps you from following your right path.

The purpose of your Black Belt Challenge is to confront this fear and to defeat it. To know this fear is to have defeated it. You will learn what it's secret and when you do your entire life will change.

Welcome to your Black Belt Challenge.



The Rules

You are about to enter a new threshold in your Martial Arts Training. You are now entering your Black Belt Challenge. Only a select few of all of those who enter into training will make it to this level. But this is only the beginning of your true Martial Arts Training.

The Challenge will last for four weeks. Each week you will be faced with a different aspect of the challenge and therefore a different aspect of yourself. You will be challenged mentally, physically, and spiritually.

Beginning today you will have to do the following things for the entire challenge. To be honest, I will not be able to tell of you do or not. But you will know. Should you fail to follow these rules you will know that you failed this challenge. Don't do that to yourself.

THE BLACK BELT PACKAGE

FOR \$150 YOU CAN HAVE YOUR BLACK BELT EMBROIDERED, YOUR CERTIFICATE FRAMED, AN EXTRA BELT FOR TIPS, AND YOUR NAME ON THE OFFICIAL BLACK BELT REGISTER.

MOST STUDENTS CHOOSE TO TAKE ADVANTAGE OF THIS AND I RECOMMEND THAT YOU DO AS WELL. AFTER ALL, YOU ONLY GET YOUR FIRST BLACK BELT ONCE!

The Challenge

1– Eat healthy.

During the challenge period you may not consume: Soft Drinks, fast food, alcohol, caffeine, tobacco products, fried foods, highly sweetened foods.

It is recommended that you avoid anything with high fructose corn syrup, chemical sweeteners, and processed products. Basically, don't eat anything that is bad for you. You are not required to, but you may wish to keep a food journal where you take a picture of everything that you eat all month.

2– Consume enough water.

Most people are dehydrated. There are different ideas on exactly how much water you should consume in your food and drink each day, but pay attention to your water intake. Always have a glass of water handy to sip on. Remember that if you feel thirsty it means that you are already dehydrated.

3– No TV, no video games, avoid electronics.

(unless required for work or school)

Un-poison your mind. Don't even read things that shouldn't be in your head.

4– Practice every day.

Practice your form and whatever other things you see fit to practice every day. This should only take about 10-15 minutes.

5– Attend at least three classes each week.

You must attend at least three classes each week. Try to make at least one a Black Belt Class. You are also encouraged to attend the Black Belt exam prep class on Friday at 5.

6— Do your weekly challenge task.

Each week you will be given a task to do every day.

7—Complete your Personal Leadership Project

Do a project that meets the following criteria:

1. Your project must be of benefit to the community.
2. You must lead others in the completion of this project.
3. Planning and organization can take no longer than 5 total hours.
4. Your project can take no longer than 3 hours to complete.
5. Take pictures or make a video log of what you choose to do. Write down what you have done, who it benefits, and what you learned from doing it.

- *Should you fail to complete any of these things your challenge will end and you will be allowed to take part in the next challenge, until such a time as you are able to complete it.*
- *At the end of the four week Black Belt Challenge you will be given a formal test during which you will be asked to perform all of your katas, self-defense techniques, and physical fitness.*
- *It is easy to lie. It is easy to not actually do the things in this challenge and say that you did. But then, in your heart you will know that you are a failure and though you may have a Black Belt, you are not one. Rise above the desire to cheat yourself, do the challenge, and actually become a Black Belt for real. You can do this.*

Week One— Physical

Every day this week do your form, 50 push-ups, 25 burpies, 25 leg lifts, and 50 crunches.

Monday	Tuesday	Wednesday	Thursday
The Form			
50 Push Ups			
50 Crunches			
25 Burpies			
25 Leg Lifts			
Friday	Saturday	Sunday	
The Form			
50 Push Ups			
50 Crunches			
25 Burpies			
25 Leg Lifts			

Week Two– Mental

Every day this week do the kata we have been doing in class. Study the attached information sheet– there will be a written exam on Friday.

Exam Questions

You will be asked to know the following information.

1. We do a Martial Arts System called Xu Shen Chuan. (Xu's Spirit Fist)
2. George Xu's given name is Xu Guo Ming.
3. Grand Master George Xu is Master Croley's Grand Master Instructor. Master Croley has also studied under GM David German, GM Brian Adams, Shihan Dave Kovar and GM Liu Chan Shan.
4. The form that we do is from Kenpo Karate, but is performed as one would do Hsin Yi. Kenpo is a modern version of the Chinese art of Chuan Fa. We do Kenpo Katas because Chuan Fa has no Katas.
5. Most of the applications that we do are from Hsin Yi Chuan (Mind Shaped Fist), Taiji Chuan (Grand Ultimate Fist), Jujitsu (Art of Gentleness), Yuan Gong Chan Chuan (Primary Skill Meditative Boxing), and Kenpo (Fist Law).
6. What are Third Hand Movement and Predatory Movement?
7. What are Li, Jing, Chi, Yi, and Shen?
8. What is melting?
9. The word "Shifu" is Chinese and means "teacher."
10. You will be asked to recite the student creed.
11. You will be asked to explain the six virtues of the Black Belt– humility, honesty, integrity, gratitude, joy, and knowledge.
12. You will also be asked some other essay questions regarding character and philosophy.

13. The Martial Arts most likely began in ancient Mesopotamia in the area that we now know as Iraq at around 6000BC. There are records of early Sumerian, Babylonian, Egyptian, and Acadian Warriors related in tales such as the Epic of Gilgamesh.

14. The Martial Arts then spread to Europe via Greece and Spain and to India.

The Earliest record of Martial Arts in India are from around 1200BC.

15. Most of the popular Martial Arts of the Orient spread from India to China with the spread of the Buddhist Religion.

16. Martial Arts then spread from China to Japan, and Korea.

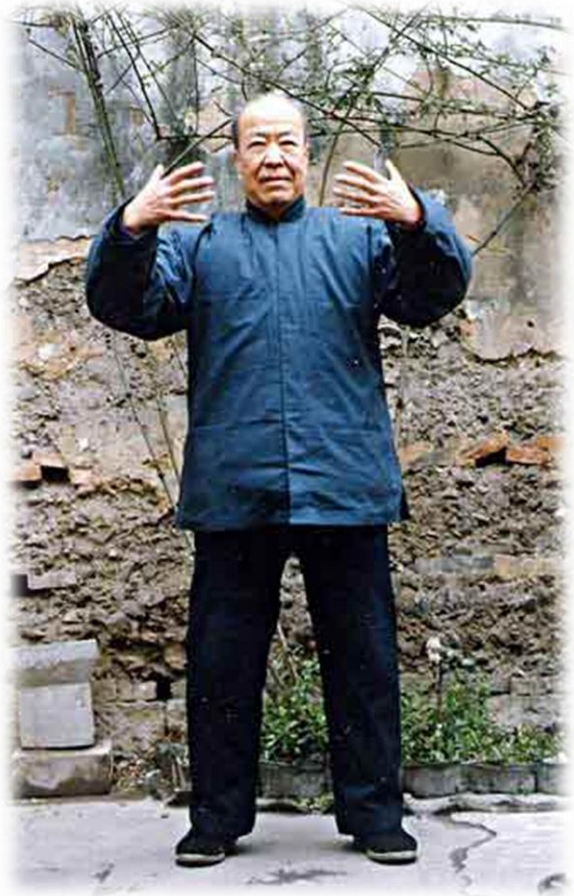
17. Kung fu (most of what we do) really means “physical specialty” and does not have to mean Martial Art. Chinese for Martial Art is “Wu Shu” or “Chuan Fa.”

18. A pressure point is when you apply pressure somewhere to create a base for a joint lock, a blood press is when you attack the circulatory system, and a cavity press is when you attack soft tissue.

Week Three— Spiritual

Every day this week do every form you know, and then meditate in a standing position for 5-10 minutes without interruption.

- ✓ *When you meditate completely still your mind. Think of nothing, be nothing.*
- ✓ *Do not move.*
- ✓ *When your mind is still it is empty and only then is it ready to learn.*
- ✓ *Fill out this chart and turn it in completed at the Challenge Class.*



Week Four–

Confronting yourself

This week you must truly challenge yourself. Every day this week do every form you know, do 50 pushup, 50 crunches, 25 leg lifts, 25 burpies, and 15 minutes of meditation.

Monday	Tuesday	Wednesday	Thursday
The Form			
50 Push Ups			
50 Crunches			
25 Burpies			
25 Leg Lifts			
Standing Meditation			
Friday	Saturday	Sunday	
The Form			
50 Push Ups			
50 Crunches			
25 Burpies			
25 Leg Lifts			
Standing Meditation			