

Croley's
Premier
Martial
Arts

Black Belt Challenge





The Black Belt Challenge

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 begin training will make it to this level. But this is only the beginning of your true Martial Arts Education. It is one thing to earn a Black Belt, but something even better to get to train as one.

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.

*For \$199 you should get the **Black Belt Package**- 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!

*During the challenge period **you MAY NOT consume:** Processed foods, Processed grains (avoid most bread and potato chips for example), refined sugars or other stuff that is bad for you. **You MAY consume:** fruits and nuts, vegetables, lean meats, cheese and dairy, water, tea...basically eat real food for a month. How hard could that be?

*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.

***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.

***Un-poison your mind.** Don't even read things that shouldn't be in your head. **No TV, Computers, Video Games, nor anything else along these lines.** It is ok to use digital tools required for school or for work- but generally unplug for a month.

***Practice** your martial arts stuff and whatever other things you see fit to practice every day.

***You must attend at least two but preferably three classes each week.** Try to make at least one a Black Belt Class.



***You are required to attend the Black Belt Challenge course on Saturdays from 9AM to Noon unless you have prearranged something with us. If you miss and do not tell us in advance, you have failed this test and will be allowed to try again next time.**

***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 tested on your combatives, self-defense techniques, sparring, stress tests, and physical fitness.*
 - *There will also be a written exam for you to pass.*



Written Exam Questions

You will be asked to know the following information.

1. Know our Student Creed well enough to say it and/or write it by yourself.
2. We do a Martial Arts System called White Oak Martial Arts, comprised of Krav Maga, Kickboxing, Xu Shen Chuan, and US TAI.
3. Who is George Xu?
4. Who is Ernie Kirk?
5. Who was David German?
6. Who was Virgil Kimmey?
7. Who was Imi Lichtenfeld?
8. What are the Principles of Krav Maga?
9. What is our Student Creed?
10. What are the four steps to a good technique?
11. What is a timeline relative to our martial arts training?
12. What is the force continuum?
13. Give a brief history of Krav Maga.
14. Give a brief history of US TAI Martial Arts.
15. Learn the basics of North Carolina Self Defense Law.



Technique

- 1 Be relaxed, explosive, and fluid
 - A Find the rhythm of your body.
 - B Learn to distinguish being relaxed and tense.
 - C. Learn continuous movement.
- 2 Sentence structure, codes, and tool interchangeability for choreography
 - A Sentence structure: Kenpo concept. Learn to interchange techniques from other arts.
 - B TAI Kenpo Codes.
Techniques should be the same with open hand, closed hand, knives, sticks, or
 - C. whatever else you happen to be holding.
- 3 Simultaneous offense, defense, control, and superior position
 - A Defend and attack at the same time to disrupt the bad guys pattern.
 - B Get a Na as soon as possible and continue strikes, kicks, etc.
 - C. Read the flow of your opponent to get superior position.
- 4 Attack with gravity, internal, and technique on different vectors
 - A Also, attack on different technique vectors: right left center, high middle low
 - B Use ocean rising force
 - C. the internal doesn't need to match the techniques nor gravity.

Tactics

- 1 Timeline, color code of awareness, and force continuum
 - A the bad guy?
Timeline: Should you run, kick then run, do a 4 step then run? Where in the attack is
 - B. present, Red= trouble is on you, Threat imminent.
 - C. Force Continuum= Always use the smallest amount of force necessary to escape safely.
- 2 Be aware of your environment
 - A Identify escape routes.
 - B Identify bad guys and innocents.
 - C. Identify other threats, opportunities, and weapons.
- 3 Disguise your distance, balance, and technique
 - A Use footwork to disguise distance, be able to hit when it seems like you should not.
 - B Use internal power to disguise the location of your balance horizontally and vertically.
Use chambering, hand position, and so on to disguise the possible technique. Be empty
 - C. and flow from one to the next.
- 4 Read your opponent, use your max power against their max weakness
 - A obtain superior angle of attack relative to reach, balance, force vector
 - B Look for weakness in opponent's technique, defense, balance, focus
 - C. It's always your turn.



Student Name: _____ Date: _____

1st Degree Black Belt Testing Sheet:

Section 1: Fitness	Failure 1 Point	Inadequate 2 Points	Acceptable 3 Points	Good 4 Points	Excellent 5 Points	Total
Did the student meet the standard of fitness?						
Section 2: Basic Combatives	Failure 1 Point	Inadequate 2 Points	Acceptable 3 Points	Good 4 Points	Excellent 5 Points	Total
Power						
Explosiveness						
Technique						
Body Sponsorship						
Footwork						
Section 3: Self Defense and KM Concepts	Failure 1 Point	Inadequate 2 Points	Acceptable 3 Points	Good 4 Points	Excellent 5 Points	Total
Effectiveness						
Timeline						
Control						
4 Steps						
KM Principles						
Section 4: Sparring	Failure 1 Point	Inadequate 2 Points	Acceptable 3 Points	Good 4 Points	Excellent 5 Points	Total
Technique and control						
Footwork and distance mgt						
Discipline and defense						
Speed and Accuracy						
Aggressiveness						

80 Points is a passing grade. 90 Points is passing with honors. Point total _____

If there are multiple graders, the student must get a passing grade with each.

Grader: _____



Combatives:

1. Jab, Cross, Uppercut, Hook
2. Hockey punches, grab and drive punches, Clinch and knee
3. Elbow/Hammer fist/ chop Set
4. 360 Defense
5. Boxing defense: Roll, bob and weave, parry, cover, elbow and hip, shield, hallowing (universal defense)
6. Standing kicks: front kick, side kick, front leg round kick, back leg round kick, 360 kick, back kick, hook kick, spinning back kick, uppercut kick, knee
7. Ground kicks: stomp to the front, round kick, tap while getting up
8. Ground: Forward roll, back roll, side fall, back fall, forward fall, sprawling
9. Getting up from the ground backward and forward
10. Locks: Inside armbar, Outside armbar, Cavalier, Kimura, Americana, Spin down, Reaping Throw

13. Top Mount punch defense
14. Top mount choke defense
15. Inward defense
16. Scarf hold defense
17. Downward defense
18. Standing one hand wrist grab escapes
19. Standing two hand wrist escapes
20. Ground choke from the side
21. Upward defense
22. Punch down front kick defense
23. Outward punch defense
24. Ground kick defend an roll
25. Ground rear choke defense
26. Knife defenses
27. Pistol defenses
28. Club defenses
29. Rifle defenses
30. Multiple attackers

Weapons:

1. Escrima Stick (everyone)
2. Bo Staff (kids)
3. Pistol (adults)
4. Knife (adults)
5. Nunchacku (kids)

Self Defense:

1. Hair Grab
2. Front 2 hand choke escape
3. Rear 2 hand choke escape
4. One hand choke escape
5. Front clinch defense
6. Rear bear hug defense
7. Rear clinch defense
8. Front bear hug defense
9. Rear pulling choke
10. Side Headlock defense
11. Bar arm choke defense
12. Guillotine defense