



American Black Belt Academy



208 State St. Oshkosh, WI. 54901

Phone: 920-232-9700

Adult 1ST Degree BLACK BELT Requirements

1st White Tip

Hostile Handshake: (ICHF) <input type="checkbox"/> #3 – Elbow Break	Review: <input type="checkbox"/> Complete review of Yellow & Orange Belt requirements	Assistant Instructing: <input type="checkbox"/> 5 hours
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Minimum of 10 classes and 1 months. **Tip date:** __ / __ / __ **By:** _____

2nd White Tip

Front Bearhug: (ICHF Over Arms) <input type="checkbox"/> #1 – Arms Low <input type="checkbox"/> #2 – Pressure Point	Review: <input type="checkbox"/> Complete review of Green & Purple Belt requirements	Rear Bearhug: (ICHF arms Pinned) <input type="checkbox"/> #1 – Arms High <input type="checkbox"/> #2 – Arms Mid Range <input type="checkbox"/> #3 – Low <input type="checkbox"/> #4 – Ankle Lift
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Minimum of 20 classes and 2 months. **Tip date:** __ / __ / __ **By:** _____

3rd White Tip

Front Bearhug: (ICHF Under Arms) <input type="checkbox"/> #1 – Neck Twist <input type="checkbox"/> #2 – Pressure Point <input type="checkbox"/> #2 – Spear hand to notch	Review: <input type="checkbox"/> Complete review of Blue & Brown requirements	Assistant Instructing: <input type="checkbox"/> 5 hours
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Minimum of 30 classes and 3 months. **Tip date:** __ / __ / __ **By:** _____

First pre-test: The Black Belt qualification exam

4th White Tip

	Review: <input type="checkbox"/> Complete review of Red & Red/Black requirements	Assistant Instructing: <input type="checkbox"/> 5 hours
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Minimum of 40 classes and 4 months. **Tip date:** __ / __ / __ **By:** _____

Second pre-test: The Black Belt qualification exam

5th White Tip

	Review: <input type="checkbox"/> Complete review of Black/White requirements	Assistant Instructing: <input type="checkbox"/> 5 hours
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Minimum of 50 classes and 6 months. **Tip date:** __ / __ / __ **By:** _____

Third pre-test: The Black Belt qualification exam

Red Tip

Exam request form (must be filled out a week prior to the test date).

Exam fee:

\$200.00 includes Embroidered Belt, Black Belt Uniform, and American Black Belt certificate

Minimum of 120 classes and 12 months .

5 Day Fast **3 Hour Meditation** **Black Belt Oath** **Thesis**

Attention All Black Belt Candidates: Each student must participate in 3 pre-exam Black Belt qualification exams before the actual exam date. Black Belt exams are **only** held twice a year, in June and December. Please submit 6 photos along with your application and essay for the **Black Belt** exam 3 months prior to the exam date.

Tip date: __ / __ / __ **By:** _____ **Exam date:** __ / __ / __