

Exams

Testing occurs every 5 weeks. The testing week and belt graduation will be posted in the schools newsletter. There are no charges for under Black Belt Testing, Belts or Diplomas.

Requirements:

- A minimum of 8 classes per stripe test
- Each belt rank has a set amount of stripes to be earned to earn full rank advancement
- Respectful attitude in & out of Class
- Achieving the required physical proficiencies
- Satisfactory completion of "Intent to Promote" form

White belt to Yellow belt - Minimum 8 classes

Yellow Belt to Orange Belt - Need to earn 1 Black stripe and have a Minimum of 16 classes

Orange Belt to Purple Belt - Need to earn 2 Black stripes and have a Minimum of 24 classes

Purple Belt to Blue Belt - Need to earn 2 Black stripes and have a Minimum of 24 classes

Blue Belt to Green Belt - Need to earn 3 Black stripes and have a Minimum of 32 classes

Green Belt to 3rd kyu Brown Belt - Need to earn 5 Black stripes and have a Minimum of 48 classes

3rd kyu Brown to 2nd kyu Brown - Need to earn 5 Black stripes and have a Minimum of 48 classes

2nd kyu Brown to 1st kyu Brown - Need to earn 5 Black stripes and have a Minimum of 48 classes

1st kyu Brown to Black Belt - Need to earn a Minimum of 8 Black stripes and have at least 130 classes

*Note: Students who meet the eligibility requirements and pass their test for full Belt promotion earn a RED stripe. Signifying that they will take part in the belt graduation for full belt promotion.

Character Development

AmeriKick is known for its innovative teaching techniques and unique "Character Development Program". Which develops children physically and mentally through Martial arts training.

Character Development Stripes:

White, Yellow & Orange belts need to complete job lists in order to earn their Character Development stripe.

Completion of 2 job lists = 1 Character stripe

- **White Belts** - Need to earn 1 Character stripe
- **Yellow Belts** - Need to earn 2 Character stripes
- **Orange Belts** - Need to earn 2 Character stripes

Purple, Blue & Green Belts need to complete Self Discipline lists

Completion of 2 lists = 1 Character stripe

- **Purple Belts** - Need to earn 3 Character stripes
- **Blue Belts** - Need to earn 3 Character stripes
- **Green Belts** - Need to earn 4 Character stripes

3rd Kyu Brown, 2nd Kyu Brown need to complete Random Acts of Kindness lists

Completion of 2 lists = 1 Character stripe

- **3rd Kyu Brown** - Need to earn 4 Character stripes
- **2nd Kyu Brown** - Need to earn 4 Character stripes

1st Kyu (Red Belts) need to complete 1 job list, 1 Self-Discipline & 1 Random Acts of Kindness list per stripe. Completion of 3 lists = 1 stripe

1st Kyu (Red Belts) - Need to earn 6 Character stripes

*Note: All lists are due on (and not before) the 5th week of the testing cycle. Appropriate Character Development stripes must be earned in order to achieve full rank.

AmeriKick

Student Hand Book



Amerikick Karate Studio

215-757-5717

“A Black Belt is Just a White Belt Who Never Quit.” - Grand Master Dennis Tosten

Welcome to the AmeriKick Team

Goals We Set Are Goals We Get!

Congratulations on setting a New goal... To become a Black Belt! Everyone who truly wants to, can become a Black Belt. Dedication, Perseverance and resolve to overcome obstacles are all that is required. Come to classes consistently, and don't overload your schedule with too many other activities.

Making the changes in your mind and body to become a Black Belt is hard work, but they will occur given time. There are few things that you'll achieve in your life that can compare with earning a Black Belt!

What a New Student Needs to Know

Bowing is a symbol of Respect

Always bow when entering or exiting the training floor. Each class begins with a group Bow where students and instructors demonstrate Respect. A Vow committing to give their best. Bowing is used throughout the class as a constant reminder of the Respect we devote as Martial artist. Bowing is a show of mutual respect between the student and the teacher.

SHHHH....

Respect the class in session, by lowering the volume of your voice. Children should be supervised until their class begins. It is unfair to disrupt teachers or the students while classes are in session.

Shoes in the Do-jo

No shoes are allowed on the training floor. Shoes can track dirt, glass, rocks and germs.

Uniforms

In order to maintain a professional classroom environment, we must enforce regulations regarding school attire. Only wear your official school uniform to class. School patch required on all uniforms. We cannot allow uniforms from other schools or uniforms purchased outside of our school to be worn. Only wear appropriate undergarments under your uniform as well. Colored t-shirts or sweat clothes are not permitted. When you do receive patches from your instructor, get detailed directions on the appropriate placement to avoid having to remove and replace them. Your uniform should be neat and clean before each use. Your appearance not only reflects on you, but also on your school and classmates. Keep your uniform in good condition. It is also important to make sure sleeves and pant legs are adjusted to an appropriate length; either too long or too short they can impede training .

“Yes Sensei”

Respond with an enthusiastic “Yes Sensei” when asked to do anything. That positive response shows respect and a healthy attitude. The synergy created by an enthusiastic student body makes for a terrific class.



Language and Attitude

Please remember that a Martial Arts school is a sacred place where we must constantly monitor our language and attitude. Profanity, explicit language or negative attitudes cannot be permitted. You must be polite and courteous to everyone in the school. Bow when beginning or ending a training session with a partner. Be encouraging and supportive of your classmates efforts. Come to class each day with a desire to learn something new.

Stay Focused

In many cases, your instructor will be explaining and/or demonstrating new techniques and concepts to the entire class at one time. Just like a classroom or university, all of the students must be quiet and relatively motionless while the instructor is teaching. By doing so, the instructor and students can focus and concentrate on the material being taught.. Speaking or moving inappropriately can affect everyone. Always respect these common courtesies.

Consistent Training

In order to truly benefit from your Martial Arts lessons, you must train regularly. To develop flexibility, strength, speed, stamina, and self-discipline...you need to attend at least 2 days per week. Consistent training over time will yield awesome results.

Safety/Sparring Equipment / Weapons

Only AmeriKick certified equipment i.e. Sparring gear & Weapons, are to be used during classes. Safety equipment is first required at the intermediate level Phase II. Weapons training is introduced in our Black Belt Club. Eligibility for Black Belt Club is Attitude, Effort and Commitment must be demonstrated.