

Conditional Black Belt Prep Cycle

Winter 2023

Congratulations on earning your Conditional Black Belt! This upcoming Summer/Fall you are required to complete another training cycle to prepare you to test for your Certified First Degree Black Belt at the Black Belt Immersion Weekend, tentatively planned for May 5-7, 2023 (location to be confirmed).

During this cycle, we will be focusing on detailing, fine-tuning, and polishing your technique. Like the prep cycle that you have already completed, there will be challenges and you are expected to continue growing both physically and mentally.

This manual includes the Conditional Black Belt prep cycle requirements and expectations. Please carefully read this entire manual and submit 1) the Entrance Form (Page 9) by January 7th and 2) the Prep Cycle Physical Form (if needed) by January 7th. The Entrance Form can be submitted to the front desk of any Ripple Effect Martial Arts location or when you arrive for the Entrance Exam. **Please submit the Prep Cycle Physical Form if you have any changes to the form from the last cycle to Dr. Johns via email (sjohns@rippleeffectmartialarts.com).**

Prep Cycle Team

Ms. Schnur will be the Prep Cycle Director and Mrs. Christina Wagoner will be the Prep Cycle Coordinator for the Winter 2023 Prep Cycle. All communication should be sent through the dedicated prep cycle email: prepcycle@rippleeffectmartialarts.com. We are excited to take this journey with you and we look forward to helping you achieve an even greater level of success.

Expectations of Prep Cycle Students

This intense training requires dedication on your behalf, and it is critical to remember that *attitude is everything*. Black Belt is more than a physical achievement. The Black Belts and instructors at Ripple Effect Martial Arts expect that you increasingly embody the overall attitude and embrace the character attributes that we recite in the Black Belt Creed. Ultimately, our goal is to see you become strong leaders in the community and lead your life with integrity and perseverance.

- Parents and students: If you have any concerns or comments please bring them to your prep cycle team directly, since often emails can be misconstrued. Please allow 24 hours for response to emails.
- Please note that having a bad or disrespectful attitude on either side (parent or student) will result in your dismissal and you will need to wait until the next testing cycle.
- We have a Prep Cycle strike system for poor attitude or effort, including attendance and accountability. If a student receives 3 strikes, they will be dismissed from this prep cycle and will need to wait until the next testing cycle. A strike can be received for poor attitude, disrespect, and/or lack of effort on behalf of the parent or the student. Earning a strike will be directly communicated with the student and family in person or via email.

- Students will receive a grade (A, B, or C) for each prep cycle training based on their effort, attitude, and preparedness. Grades are intended to track student's progress. Students are responsible for asking their Prep Cycle leaders what grade they earned for a given practice. If a student forgets equipment, training notebook, has not completed their homework, or is late, the student will automatically have their grade decreased by a letter. Students who receive two consecutive C ratings will receive a strike.

Make sure that you read this entire manual so that you thoroughly understand the expectations of your Black Belt instructors and the criteria by which you will be evaluated. Prep cycle is intended to improve your martial arts technique, raise your level of performance, strengthen your Black Belt character, and prepare you for your Black Belt test. Participation does not guarantee your next rank; if at any point a student exhibits a poor attitude, negative behavior, or does not give their best effort, the student will be asked to wait until the next testing cycle. If, at any time, the instructors feel that a student is not ready for the Black Belt Test, we will postpone their test date while the student addresses the needed skills to succeed in achieving their Black Belt goals. Your instructors are always evaluating your performance.

Health and Safety

Any changes in your medical status should be communicated with Dr. Johns (sjohns@rippleeffectmartialarts.com) prior to the first practice and follow any modifications as she deems appropriate.

Under direction of the Ripple Effect Medical Director, any changes due to COVID-19 guidelines will be communicated with you as soon as possible.

Prep Cycle Entrance Exam

All Conditional Black Belt students are required to attend and pass the Prep Cycle Entrance Exam. Students are expected to know all of their curriculum in order to be accepted to the Prep Cycle program. The Entrance Exam will be Saturday, January 7th, 3:00-6:00 pm at the Ripple Effect Johnstown school.

Prep Cycle Trainings

The full Conditional Black Belt Prep Cycle practice schedule is provided below. Prep Cycle Trainings include a Saturday joint practice and practice requirements may be decreased after the midcycle test depending on performance. Note that the location and times vary throughout the cycle. Any changes to scheduled location or times will be communicated via email as soon as possible. Under direction of the Ripple Effect Medical Director, any changes due to COVID-19 guidelines will also be communicated with you as soon as possible.

Prep Cycle practices will consist of conditioning and curriculum review. Please bring your belt, all sparring gear, all weapons, water bottle, training notebook, and a writing utensil to all practices. Prep Cycle practices are designed to detail and fine tune existing curriculum, not to teach new material. Students are responsible for filling any and all knowledge gaps in curriculum (combinations, forms, words of the belt) on their own.

We will make every effort to start and end each training session on-time, however **there may be times when we must stay late or come in early to meet our training objectives. We may need to schedule**

additional days of training. This will be done at the Prep Cycle Coordinator’s discretion and the cooperation of the student and family are expected. We will make sure to communicate any schedule changes as soon as possible. Please respectfully bring schedule change concerns directly to the Prep Cycle Leadership Team’s attention.

Winter 2023 Conditional Black Belt Prep Cycle Training Schedule			
<i>Practice requirements may decrease after the Midcycle test based on performance</i>			
Date	Time	Location	Notes
Sat, Jan 7	3:00-6:00 pm	Johnstown	Entrance Exam, Full Uniform
Sat, Jan 14	12:00-4:00 pm	Johnstown	
Sat, Jan 21	12:00-4:00 pm	Broomfield	
Sat, Jan 28	TBD	Johnstown	Schedule TBD
Sat, Feb 4	12:00-4:00 pm	Broomfield	
Sat, Feb 11	TBD	Broomfield	Participation and help required, schedule TBD
Sat, Feb 18	12:00-4:00 pm	Broomfield	
Sat, Feb 25	12:00-4:00 pm	Johnstown	
Sat, Mar 4	TBD	Johnstown	Midcycle Exam, Full Uniform
Sat, Mar 11	12:00-4:00 pm	Johnstown	
Sat, Mar 18	12:00-4:00 pm	Broomfield	
Sat, Mar 25	12:00-4:00 pm	Broomfield	
Sat, Apr 1	TBD	Johnstown	Technical Test, Full Uniform
Sat, Apr 8	12:00-4:00 pm	Broomfield	
Sat, Apr 15	12:00-4:00 pm	Johnstown	
Sat, Apr 22	12:00-4:00 pm	Broomfield	
Sat, Apr 29	12:00-4:00 pm	Johnstown	

Equipment

Students are responsible for remembering all of their gear for prep cycle trainings. Any additional gear needs will be communicated as soon as possible. If a student is missing a piece of equipment, their grade for that day will be decreased by one letter. Please label all gear with your name.

1. Uniform: Ripple Effect t-shirt, belt and pants. Full uniform (Black Belt Club or Leadership top, pants, and belt) is required for Entrance, Midcycle and Technical Tests.

2. ALL Weapons: Bo staff, Nunchucks, Kali sticks, Kamas
3. ALL Sparring Gear: head, chest, hands, shin, feet, groin, mouthpiece, and sanitation wipes
4. Water Bottle(s) (with cap, no open straws)
5. Small snack (no nuts)
6. Training Notebook, pen/pencil
7. Outdoor practices only: Dress appropriately for the expected weather. Bring running shoes (no clogs or converse-type shoes) and sunscreen/bug spray. Please wear active pants or shorts, your belt, and a Ripple Effect T-Shirt

Training Attendance Expectations

Excused Absences: Conditional Black Belt students may have no more than 2 excused absences from the prep cycle trainings to be eligible to test in May. It is encouraged that the student complete more than the minimum required training hours. If necessary, students may ask to attend non-required prep cycle trainings (marked not required in table above) to make up for absences.

Unexcused Absences: Absences will be considered unexcused if a student fails to contact the prep cycle team in writing **within 24 hours** of a scheduled training or if they arrive more than 5 minutes late to practice. If a student has more than 2 unexcused absences, they will be excused from training and moved to the next testing cycle.

If a student misses a prep cycle practice, it is the student's responsibility to ask a teammate for what they missed. Private lessons with instructors are not permitted during prep cycle. Not knowing your curriculum is grounds for dismissal.

Class Attendance Requirements

Conditional Black Belt Students **must** attend a minimum of 1) one belt rank class per week, 2) one upper belt (Leadership, Red Belt or above) sparring class, and 3) SWAT one lower belt class (3 classes total minimum per week). During lower belt testing weeks, students only need to attend one belt rank class.

Conditional Black Belt students have three new forms and will only be taught in Conditional Black Belt class. Students must keep track of all classes attended in their Training Notebook. Prep Cycle training sessions are not intended to be a substitution for your regular classes, and your leadership in the school is expected. If you do not meet these requirements, you will not be allowed to test.

Prep Cycle Homework

You will be provided with exercises/curriculum homework to do outside of class/prep cycle practices. Students are responsible for keeping their homework logs in their dedicated Training Notebook.

These exercises are designed to prepare students for the conditioning portion of their Black Belt training and test. Each week students are also required to complete at least one run, increasing distance each week. A running log and weekly exercise logs are provided at the end of this manual and should be **printed out and logged** as students complete each exercise. Students will be asked to show their running

and exercise logs during trainings. Not completing homework will result in a decreased training grade and is grounds for dismissal from prep cycle.

Students are also responsible for practicing and reviewing curriculum 10-15 minutes per day. The Prep Cycle Team will in some cases assign specific curriculum to review or students should review their general curriculum.

HERO Project

All Conditional Black Belt students are required to complete a HERO project, where students identify one student in their school who may need additional help to pass their next belt test, this may be the same student worked with during High Brown Belt prep cycle. The purpose of the HERO project is to further develop leadership skills, including awareness of others and leading practices.

Conditional Black Belt students are responsible for identifying a student, approaching the students' family to discuss the HERO project, and setting up a time to review and practice their curriculum. Students chosen for the HERO project should be Purple belt up to Brown Belt. We recommend the time spent reviewing curriculum to not exceed 15-20 minutes; prep cycle students are welcome to add additional time to warm up or lead their student through a skills drill.

HERO Project Students should be selected in the first half of prep cycle. The HERO Project Form is due at your midcycle exam (March 4, 2023) and will be required for you to test. Details of your HERO project (practice times, struggles and challenges, and your HERO student's progress) are to be included in your Training Notebook.

Leadership Project

Conditional Black Belt students are required to complete a leadership project and prepare a 3-minute PowerPoint/Google Slides presentation to be presented at the Black Belt Test. Leadership projects should reflect the practical application of the leadership skills gained through one's training at Ripple Effect Martial Arts. Leadership projects completed within the last year are eligible but must be well-documented and show an impact in the community. Submit your project for approval by the prep cycle team by the Midcycle test, March 4, 2023 using the Leadership Project Form at the end of this manual. **Leadership project slides will be due by Friday, April 28, 2023 to Mr. Tristan Matthew (tmattthew@rippleeffectmartialarts.com).**

Volunteer Hours

Students are expected to complete 40 volunteer hours by the time they are testing for their Certified Black Belt. Volunteer hours include any time spent helping individuals or organizations outside of your family. Volunteer hours can include hours completed at any point since the student earned their White Belt. Start looking for volunteer opportunities now! A log for volunteer hours can be found in their white student binder or on the prep cycle webpage.

Goal Setting Meetings

Students need to set a minimum of 2 goals related to their martial arts training. Goals can include short-term or long-term goals. These goals should be listed on the Entrance Form at the end of this manual. The Entrance Form is due on January 7th (entrance exam). Students should be re-evaluating

their goals throughout prep cycle and be ready to discuss them with the prep cycle leadership team when requested.

Training Notebook

All Conditional Black Belt students are required to maintain a training notebook which must have the following up-to-date information at minimum.

1. Written goals that you listed on your Entrance Form
2. Log of prep cycle training sessions attendance
3. Log of belt rank classes attended (dates)
4. Log of upper belt (leadership, red belt or higher) sparring classes attended (dates, class)
5. Log of SWAT classes attended (dates, class)
6. Printed and completed homework logs
7. HERO project details
8. Log of volunteer hours (40 needed)

Future Communication

A calendar of all practices can be found at RippleEffectMartialArts.com/blackbeltprep. This manual, as well as training references will be posted on this site as well. Please check it regularly. While changes to the schedule will be posted online, last minute changes (which will be few) and reminders will be sent out via email. Please sign and submit the Entrance Form and Prep Cycle Physical Form (if applicable) by the Entrance Exam (January 7th). Below is a checklist to follow and stay on track as you prepare for your test in November (the checklist does not need to be turned in).

Prep Cycle Requirement Checklist

Task	Due Date	Completed
Read Manual	ASAP	
Appropriate Sparring Pads	ASAP	
Good Running Shoes	ASAP	
Set a minimum of 2 personal training goals	Entrance Exam (January 7)	
Submit Entrance Form with known absences	Entrance Exam (January 7)	
Submit Prep Cycle Physical Form to Dr. Johns (if applicable)	Entrance Exam (January 7)	
Print out weekly homework logs	First Practice (January 14)	
Complete and log all weekly homework	Weekly	
Complete and log all classes attended	Weekly	
Choose Student for HERO Project	Midcycle Test (March 4)	
Leadership Project	Topic approval by Midcycle test Slides due April 28	
Complete and log 40 Volunteer Hours	By May 5	

Belt Rank Exercises and Curriculum Requirements

Task	Conditional Black Belt	Modifications
Push-ups	110	Leg lifts/V-sits
Sit-ups	110	Leg lifts
Squats	110	
Jumping jacks	110	Step-outs
Mountain climbers	110	Bicycles
Alternating Kicks	110	
Alternating Punches	220	
Leg lifts	110	
Hold out sidekick	110 seconds	
Running	6 miles	See instructor for modifications
All Forms H. Gold-H. Brown Belt	X	
All Combinations White- H. Brown Belt	X	
Musical: Might for Right (Exodus) & Marriage of East and West (Beethoven)	X	
Bo Staff 1	X	
Papuhaku Sho	X	
Nunchuck 1	X	
Kama 1	X	
Kama 2	X	
Kali Open and Closed	X	
Korean Counting (1-10)	X	
Form Meanings	X	
Words of the Belt	X	

Prep Cycle Entrance Form

Please complete and submit by January 7, 2023. The Entrance form should be signed by the student and guardian to acknowledge and agree to these expectations.

Student Name	
Parent(s) Name	
Email	
Dates of Known Absences	
Student training or character development goals (2 minimum)	

I have read and understand the expectations of Master Macy and the Instructors at Ripple Effect Martial Arts for the Winter 2023 Conditional Black Belt Prep Cycle. I understand that my/my child's participation in this Prep Cycle does not guarantee next rank, and I am willing to accept the direction and instruction provided to me/my child during Prep Cycle and Black Belt Test weekend.

X _____
Parent Signature Date

X _____
Student Signature Date

Release of Contact Information Consent Form

We highly encourage group work coordinated by students/parents outside of normal Prep Cycle practices. This can be at outside park locations, for example. This form allows you to consent to the sharing of your preferred contact method to only the Winter 2023 Conditional Black Belt Prep Cycle students/parents to allow for your team to coordinate. We will not share your information with anyone outside of the Winter 2023 Conditional Black Belt Prep Cycle.

Please submit this form to the front desk of any Ripple Effect Martial Arts location by January 7, 2023.

- I, _____, consent to having my contact information below shared with the Winter 2023 Conditional Black Belt Prep Cycle for use of coordinating outside practice times.

Email: _____

Phone number: (____) _____ - _____

HERO Project Form

Please bring this completed form to your midcycle exam on March 4, 2023.

This form is required for your midcycle exam.

Student Name:

HERO Student Name:

HERO Student Belt Rank:

Leadership Project Form

Please bring this completed form to your midcycle exam on March 4, 2023.

This form is required for your midcycle exam.

Student Name	
Leadership Project Idea:	
Leadership skills you have used and/or plan to use:	

Weekly Running Log

Each week complete at least one run, increasing distance each time. Keep in mind that you should be prepared to run 6 miles by the Black Belt Testing Weekend.

Date	Duration	Distance

Weekly Homework Exercise Options

Choose and complete four different workouts each week (one per day). Record the date and name of the workout you complete in your homework log. If you do not know how to complete a workout, please ask a teammate first.

<p style="text-align: center;"><u>FULL BODY HIIT 1</u></p> <p><i>Complete the following circuit 4 times, resting for 60 seconds between each circuit.</i></p> <p>Jumping Jacks 50 seconds Rest 10 seconds</p> <p>Mountain Climbers 50 seconds Rest 10 seconds</p> <p>Squats 50 seconds Rest 10 seconds</p> <p>Pushups 50 seconds Rest 10 seconds</p> <p>Alternating Lunges 50 seconds Rest 10 seconds</p>	<p style="text-align: center;"><u>FULL BODY HIIT 2</u></p> <p><i>Complete the following circuit 4 times, resting for 60 seconds between each circuit.</i></p> <p>High Knees 50 seconds Rest 10 seconds</p> <p>Shoulder Taps 50 seconds Rest 10 seconds</p> <p>Squat Jumps 50 seconds Rest 10 seconds</p> <p>Plank 50 seconds Rest 10 seconds</p> <p>Leg Lifts 50 seconds Rest 10 seconds</p>
<p style="text-align: center;"><u>BURPEE CLIMBERS</u></p> <p><i>Complete the following circuit 3 times, resting for 60 seconds between each circuit.</i></p> <p>5 burpees 10 mountain climbers 4 burpees 10 mountain climbers 3 burpees 10 mountain climbers 2 burpees 10 mountain climbers 1 burpee</p>	<p style="text-align: center;"><u>POWER PUNCH</u></p> <p>Warm up: 50 Jumping Jacks</p> <p><i>Complete the following circuit 3 times, resting for 1-2 minutes between each circuit.</i></p> <p>10 pushups 10-count pushup plank 40 alternating punches (counting 1-1,2-2) 10 pushups 10 triangle pushups 40 alternating punches (counting 1-1,2-2) 10 pushups 10 shoulder taps 40 alternating punches (counting 1-1,2-2)</p>

CORE HIIT

Warm up: 50 Jumping Jacks

*Complete the following circuit **3** times, resting for 60 seconds between each circuit.*

Flutter Kicks 45 seconds
Rest 15 seconds

V-sits 45 seconds
Rest 15 seconds

Raised Leg Circles 45 seconds
Rest 15 seconds

Leg Raises 45 seconds
Rest 15 seconds

Reverse Crunch 45 seconds
Rest 15 seconds

Elbow Plank 45 seconds
Rest 15 seconds

KICK HIIT

Warm up: 30 Jumping Jacks, 30 High Knees, 30 Squats, Dynamic Stretches (10 each leg)

*Complete the following circuit **3** times, resting for 60 seconds between each circuit. Focus on Technique and Power!*

Alt. Round Kicks 45 seconds
Rest 15 seconds

Alt. Squat Front Kicks 45 seconds
Rest 15 seconds

Alt. Squat Side Kicks 45 seconds
Rest 15 seconds

Hold-out Side Kick- R 45 seconds
Rest 15 seconds

Hold-out Side Kick- L 45 seconds
Rest 15 seconds

Homework Exercise Log

Please log the date and name of the four different workouts you completed each week.

Week of	workout 1	workout 2	workout 3	workout 4
example	1/1 - full body 2 HIIT	1/2 - core HIIT	1/4 - Kick HIIT	1/6 - full body 1 HIIT
Jan 8-14				
Jan 15- 21				
Jan 22-28				
Jan 29 - Feb 4				
Feb 5-11				
Feb 12-18				
Feb 19-25				

Feb 26 - Mar 4				
Mar 5-11				
Mar 12-18				
Mar 19-25				
Mar 26 - Apr 1				
Apr 2-8				
Apr 9-15				
Apr 16-22				
Apr 23-29				
Apr 30 - May 5				