

Conditional Black Belt Prep Cycle

Summer 2025

Congratulations on earning your Conditional Black Belt! This upcoming Summer 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, confirmed for November 7-9, 2025 at the YMCA of the Rockies.

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 the Entrance Form (Page 10) and the Release of Information (Page 11) when you arrive for the Entrance Exam on July 12th.

Prep Cycle Team

Ms. Schnur will be the Prep Cycle Director and Mrs. Emily Fox and Mr. Ogle will be the Prep Cycle Coordinators for the Summer 2025 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 may 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 student or the parent. Earning a strike will be directly communicated with the student and family in person or via email.
- Students will receive a grade (1-4) for each prep cycle training based on two areas of focus - Technique and Intention. Grades for technique will be assigned based on the level of execution of skills performed, while grades for intention will be based on the student's effort, attitude, and preparedness. Students who receive a failing grade (1 or 2) for Intention will receive a strike. Grades will be communicated to each student by email on a weekly basis.

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 to Dr. Johns at (RippleEffectMedicalCoach@gmail.com) prior to the first practice using the Prep Cycle Physical Form, which can be found on the prep cycle website (<https://rippleeffectmartialarts.com/black-belt-prep>).

If a student has any injuries occur during the cycle that will prevent them from completing normal training activities and/or will require the use of modifications in order to participate, the student is required to contact Dr. Johns via email (and cc the prep cycle email) to request modifications. The Prep Cycle Leadership team will be unable to give modifications for class activities without this communication.

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, July 12th 3:00pm - 5:00pm at the Ripple Effect Johnstown school.

Prep Cycle Trainings

The full conditional black belt Prep Cycle practice schedule is provided below. Prep Cycle trainings will consist of a weekend joint practice (primarily Saturdays). Practice location and times vary throughout the cycle and any changes will be communicated via email as soon as possible. Please bring your belt, all sparring gear, all weapons, water bottle, training notebook, and a writing utensil to all practices.

Conditional Prep Cycle practices will consist of conditioning, technique drills, sparring and endurance training. We will be detailing only the conditional black belt curriculum during this cycle. Occasionally throughout the cycle, Conditional Black Belt Students might be asked to attend a full 4 hour practice (1:30pm - 5:30pm), to ensure they remain on track in their training. Attendance at full practices will be by instructor invitation only and will be communicated to the student and parents with as much advance notice as possible.

Conditional Prep Cycle is designed to detail and fine tune technique, 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 communicate any schedule changes as soon as possible. Please respectfully bring schedule change concerns directly to the Prep Cycle Leadership Team.

Summer 2025 Conditional Prep Cycle Training Schedule			
Date	Time	Location	Notes
Sat, Jul 12	3:00 - 5:30 pm	Johnstown	*Full Uniform Required
Sat, Jul 19	N/A	N/A	H. Brown Only
Sat, Jul 26	3:30 - 5:30 pm	Johnstown	
Sat, Aug 2	3:30 - 5:30 pm	TBD	
Sat Aug 9	3:30 - 5:30 pm	Johnstown	
Sun, Aug 10	8:00 - 10:00 am	Red Rocks	Optional Red Rocks Workout
Sat, Aug 16	3:30 - 5:30 pm	Broomfield	
Sat, Aug 23	3:30 - 5:30 pm	Broomfield	
Sat, Aug 30	NO PRACTICE		
Sat, Sep 6	3:30 - 5:30 pm	Johnstown	
Sat, Sep 13	3:30 - 5:30 pm	Johnstown	*Full Uniform Required
Sat Sep 20	3:30 - 5:30 pm	Broomfield	
Sat, Sep 27	3:30 - 5:30 pm	Broomfield	
Sat, Oct 4	3:30 - 5:30 pm	Johnstown	
Sat, Oct 11	3:30 - 5:30 pm	Johnstown	
Sat, Oct 18	3:30 - 5:30 pm	Broomfield	
Sat, Oct 25	3:00 - 5:00 pm*	Johnstown	*Full Uniform Required
Sat, Nov 1	3:30 - 5:30 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 Intention grade for that day will be decreased. Please label all gear with your name.

1. Uniform: Ripple Effect t-shirt, belt and pants. Full uniform (Leadership top and pants, and belt) is required for Entrance, Mid-Cycle 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 with pen/pencil.
7. Necessary Outdoor Apparel - To meet training objectives, it is possible that practice, or a portion of practice, may be moved outside. In this event, proper outdoor apparel will be necessary. Students should be prepared with appropriate shoes (running shoes - no clogs, sandals, boots or converse-type shoes), hat and/or sunglasses, sunscreen and a jacket/sweatshirt (as weather dictates)

Training Attendance Expectations

It is recommended that Conditional Black Belt students have no more than 3 total absences from prep cycle trainings in order to be eligible to test in November. Attendance guidelines are set to ensure the student's success, not only in prep cycle, but also during testing weekends. It is highly encouraged that students complete more than the minimum required training hours. Students with more than 3 absences during the cycle may be excused from prep cycle and asked to wait until the next testing cycle.

Unexcused Absences: Conditional Black Belt students **MUST** communicate any absence (either pre-scheduled or last minute) to the prep cycle leadership team in email (prepcycle@rippleeffectmartialarts.com). Absences that are not communicated will be considered "unexcused" and will result in an immediate strike being assigned.

If a student misses a prep cycle practice, it is the student's responsibility to ask a teammate for what they missed. Please note that private lessons with instructors or other Ripple Effect Instructors are not permitted during prep cycle. Not knowing your curriculum is grounds for dismissal.

Bow-In for Prep Cycle Trainings will occur at the posted start time of class. It is expected that students are punctual, prepared and on the mat prior to this time. Students that are tardy for class twice during the cycle will receive a failing Intention grade for the 2nd late practice and will be assigned a strike.

Class Attendance Requirements

Conditional Black Belt students **must** attend a minimum average 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.

Additionally, all prep cycle students will be expected to participate in any CMAA Tournaments that occur within the cycle time frame. Please be prepared to register and compete in any announced tournaments.

Prep Cycle Conditioning Requirements

You will be provided with exercises/curriculum/conditioning to do outside of class/prep cycle practices. Students are responsible for keeping their conditioning 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 are also responsible for practicing and reviewing curriculum for a minimum of 10-15 minutes per day. Students should be reviewing general curriculum, however, in some cases, the Prep Cycle Coordinator may assign specific curriculum to review. Students are expected to comply with these assignments.

If a student is completing the assigned conditioning as required, there should be noticeable growth and improvement in the quality of exercise techniques throughout the cycle. Your instructors are always evaluating your performance and a strike may be assigned if the student does not show growth and improvement in this area during prep cycle.

Reading Assignment

During the Summer 2025 training cycle, Conditional Black Belt students will be reading **The Psychology of Winning: Ten Qualities of a Total Winner by Denis Waitley**. Throughout the cycle, specific sections will be assigned and will be discussed, as a group, during training sessions. You will also complete a written assignment on each section. Written assignments will consist of a personal summary of the section assigned - what you learned and how you can relate personally to the section. Written assignments should be completed and kept in your training notebook. You will be evaluated on your understanding of this material at the end of the cycle.

Verbal Judo

During the cycle, Conditional Black Belt Students will be required to demonstrate their understanding of Verbal Judo by presenting a 2 minute talk, during an underbelt class in their home school. Students are expected to self study Verbal Judo topics to prepare for this talk. Materials for self study will be made available on the black belt prep page of the website (rippleeffectmartialarts.com/blackbeltprep).

Words of the Belt

Conditional Black Belt students are required to know and be able to demonstrate all words of the belt in order to be eligible for testing in November. Students can demonstrate their mastery of this knowledge by reciting all words of the belt, in one attempt, to a member of the prep cycle leadership team at any point during the cycle but by no later than the last prep cycle training session (Saturday, November 1st).

Korean Heritage

Conditional Black Belt students are eligible to earn their Korean Heritage patch by showing a knowledge of the Korean Heritage of Taekwondo. Students can demonstrate their mastery of this knowledge by counting to 10 in Korean and reciting the form meanings, in one attempt, to a member of the prep cycle leadership team at any point during the cycle but by no later than the last prep cycle training session (Saturday, November 1st).

HERO Project

Conditional Black Belt students are required to complete a HERO project, where they will work with a student in their home school who would benefit from additional help in order to pass their next belt test. This may be the same student worked with during the 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 by your mid-cycle exam (September 13th) 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 to the prep cycle team (prepcycle@rippleeffectmartialarts.com) using the Leadership Project Form at the end of this manual. Your project must be submitted for approval at, or before, the Mid-cycle test (September 13th). **Leadership project slides will need to be submitted by Friday, October 31st to the following Google Form (bit.ly/REMALeadershipProject).** Any edits/revisions need to be done by Friday, November 7th. Reach out to the prep cycle team (prepcycle@rippleeffectmartialarts.com) with any questions.

Black Belt Spectacular Creative Form

All Conditional Black Belt students are required to create a 30 second creative form, which they will perform during the celebration during the Black Belt Test Weekend. These forms should show off skills learned through students' training at Ripple Effect Martial Arts. Students can choose to perform their form to music (family friendly), which can be up to 30 seconds in length. **Creative form music details are due by Friday, October 31st at the following link (bit.ly/CreativeFormMusic).** Students performing without music should still submit this form. To ensure that all students have time to show off their form, we ask that forms do not go over 30 seconds in length.

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](https://rippleeffectmartialarts.com/black-belt-prep) (<https://rippleeffectmartialarts.com/black-belt-prep>). Your volunteer hours are due by the last prep cycle practice (November 1st).

Goal Setting

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 18th (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 exercise logs
7. HERO project details
8. Log of volunteer hours (40 needed)
9. Reading Assignments

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 (July 12th).

Below is a checklist to follow and stay on track as you prepare for your test in May (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 (July 12th)	
Submit Entrance Form with known absences	Entrance Exam (July 12th)	
Submit Prep Cycle Physical Form to Dr. Johns (if applicable)	Entrance Exam (July 12th)	
Print weekly exercise logs	(July 20th)	
Complete and log all weekly exercises	Weekly	
Complete and log all classes attended	Weekly	
Choose Student for HERO Project	by Mid-Cycle Test (September 13th)	
Leadership Project	Topic Approval Due by September 13th Slides Due October 31st	
Complete and log 40 Volunteer Hours	by November 7th	
Word of Belt Requirement	by November 7th	
Book Review Assignments	Weekly	

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	
Usual: Might for Right (Exodus) & Marriage of East and West (Beethoven)	X	
Bo Staff 1	X	
Papuhaku Sho	X	
Bassai Dai	X	
Nunchuck 1	X	
Kama 1	X	
Kama 2	X	
Kali Open and Closed	X	
Korean Counting (1-10)	X	
Words of the Belt	X	

Prep Cycle Entrance Form

Please complete and submit at the Entrance Exam on July 12, 2025.

The Entrance form should be signed by the student and guardian to acknowledge and agree to these expectations.

Student Name	
Parent(s) Name	
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 Summer 2025 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 Summer 2025 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 Summer 2025 Conditional Black Belt Prep Cycle.

This form is required when checking in at your Entrance Exam on Saturday, July 12, 2025.

I, _____, consent to having my contact information below shared with the Summer 2025 Conditional Black Belt Prep Cycle for use of coordinating outside practice times.

Student Email: _____

Student Phone number: (____) _____ - _____

Parent Email: _____

Parent Phone number: (____) _____ - _____

Parent Email: _____

Parent Phone number: (____) _____ - _____

HERO Project Form

Please bring this completed form to your mid-cycle exam on September 13, 2025.

This form is required for your mid-cycle exam.

Student Name:

HERO Student Name:

HERO Student Belt Rank:

Leadership Project Form

Please bring this completed form to your mid-cycle exam on September 13, 2025.

This form is required for your mid-cycle 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 Conditioning Exercises

It is required that you complete conditioning exercises **FIVE** days each week, beginning the week of Monday, July 21st.

Below is a list of seven different categories of exercises. Each category has two different workouts. Each week, you should choose four different categories of workouts to complete - one for each day. The category of workouts should change each week. Each category has a choice of 2 workouts for you to choose from. Record the date and name of the workout you completed in your homework log.

Please review the below exercises and take note of any you may be unfamiliar with. You will be given an opportunity to request to see a demonstration of any of these exercises during your first practice. After the first practice, if you do not know how to complete an exercise, please ask a teammate.

<u>FULL BODY 1</u>		<u>FULL BODY 2</u>	
Warm up: 50 Jumping Jacks		Warm up: 50 Jumping Jacks	
<i>Complete the following circuit 3 times, resting for 60 seconds between each circuit.</i>		<i>Complete the following circuit times, resting for 60 seconds between each circuit.</i>	
Jumping Jacks	45 seconds	High Knees	45 seconds
Rest	15 seconds	Rest	15 seconds
Mountain Climbers	45 seconds	Shoulder Taps	45 seconds
Rest	15 seconds	Rest	15 seconds
Squats	45 seconds	Squats	45 seconds
Rest	15 seconds	Rest	15 seconds
Pushups	45 seconds	Plank	45 seconds
Rest	15 seconds	Rest	15 seconds
Calf Raises	45 seconds	Leg Lifts	45 seconds
Rest	15 seconds	Rest	15 seconds
Flutter Kicks	45 seconds	Side Crunches	25 seconds/side

<p style="text-align: center;"><u>CORE 1</u></p> <p>Warm up: 50 Jumping Jacks</p> <p><i>Complete the following circuit 3 times, resting for 60 seconds between each circuit.</i></p> <table> <tr> <td>Flutter Kicks</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>V-Ups</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>3 Way Leg Raises</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Bicycles</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Crunches</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Twizzlers</td><td>45 seconds</td></tr> </table>	Flutter Kicks	45 seconds	Rest	15 seconds	V-Ups	45 seconds	Rest	15 seconds	3 Way Leg Raises	45 seconds	Rest	15 seconds	Bicycles	45 seconds	Rest	15 seconds	Crunches	45 seconds	Rest	15 seconds	Twizzlers	45 seconds	<p style="text-align: center;"><u>CORE 2</u></p> <p>Warm up: 50 Jumping Jacks</p> <p><i>Complete the following circuit 3 times, resting for 60 seconds between each circuit.</i></p> <table> <tr> <td>Eiffel Towers</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Russian Twists</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Box Reaches</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Sit-Ups</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Starfish Crunches</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Penguins</td><td>45 seconds</td></tr> </table>	Eiffel Towers	45 seconds	Rest	15 seconds	Russian Twists	45 seconds	Rest	15 seconds	Box Reaches	45 seconds	Rest	15 seconds	Sit-Ups	45 seconds	Rest	15 seconds	Starfish Crunches	45 seconds	Rest	15 seconds	Penguins	45 seconds
Flutter Kicks	45 seconds																																												
Rest	15 seconds																																												
V-Ups	45 seconds																																												
Rest	15 seconds																																												
3 Way Leg Raises	45 seconds																																												
Rest	15 seconds																																												
Bicycles	45 seconds																																												
Rest	15 seconds																																												
Crunches	45 seconds																																												
Rest	15 seconds																																												
Twizzlers	45 seconds																																												
Eiffel Towers	45 seconds																																												
Rest	15 seconds																																												
Russian Twists	45 seconds																																												
Rest	15 seconds																																												
Box Reaches	45 seconds																																												
Rest	15 seconds																																												
Sit-Ups	45 seconds																																												
Rest	15 seconds																																												
Starfish Crunches	45 seconds																																												
Rest	15 seconds																																												
Penguins	45 seconds																																												
<p style="text-align: center;"><u>ARMS 1</u></p> <p>Warm up: 50 Jumping Jacks</p> <p><i>Complete the following circuit 3 times, resting for 60 seconds between each circuit.</i></p> <table> <tr> <td>Black Belt push-ups</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Commandos</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Thigh Tap Push-Ups</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Decline push-ups</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Inch worms</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Side Push Ups</td><td>25 seconds/side</td></tr> </table>	Black Belt push-ups	45 seconds	Rest	15 seconds	Commandos	45 seconds	Rest	15 seconds	Thigh Tap Push-Ups	45 seconds	Rest	15 seconds	Decline push-ups	45 seconds	Rest	15 seconds	Inch worms	45 seconds	Rest	15 seconds	Side Push Ups	25 seconds/side	<p style="text-align: center;"><u>ARMS 2</u></p> <p>Warm up: 50 Jumping Jacks</p> <p><i>Complete the following circuit 3 times, resting for 60 seconds between each circuit.</i></p> <table> <tr> <td>Triangle push-ups</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Tricep Dips</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Push Up Can Pass</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Out and In Pushups</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Overhead Can Press</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Overhead Can Dips</td><td>45 seconds</td></tr> </table>	Triangle push-ups	45 seconds	Rest	15 seconds	Tricep Dips	45 seconds	Rest	15 seconds	Push Up Can Pass	45 seconds	Rest	15 seconds	Out and In Pushups	45 seconds	Rest	15 seconds	Overhead Can Press	45 seconds	Rest	15 seconds	Overhead Can Dips	45 seconds
Black Belt push-ups	45 seconds																																												
Rest	15 seconds																																												
Commandos	45 seconds																																												
Rest	15 seconds																																												
Thigh Tap Push-Ups	45 seconds																																												
Rest	15 seconds																																												
Decline push-ups	45 seconds																																												
Rest	15 seconds																																												
Inch worms	45 seconds																																												
Rest	15 seconds																																												
Side Push Ups	25 seconds/side																																												
Triangle push-ups	45 seconds																																												
Rest	15 seconds																																												
Tricep Dips	45 seconds																																												
Rest	15 seconds																																												
Push Up Can Pass	45 seconds																																												
Rest	15 seconds																																												
Out and In Pushups	45 seconds																																												
Rest	15 seconds																																												
Overhead Can Press	45 seconds																																												
Rest	15 seconds																																												
Overhead Can Dips	45 seconds																																												

<p style="text-align: center;"><u>LEGS 1</u></p> <p>Warm up: 50 Jumping Jacks</p> <p><i>Complete the following circuit 3 times, resting for 60 seconds between each circuit.</i></p> <p>Reverse Lunge to Front Kick Chamber 45 seconds Rest 15 seconds</p> <p>Ankle Stabilizers 45 seconds Rest 15 seconds</p> <p>RDLs 45 seconds Rest 15 seconds</p> <p>High Knees 45 seconds Rest 15 seconds</p> <p>Split Leg Raises 45 seconds Rest 15 seconds</p> <p>Pogo Jumps 45 seconds</p>	<p style="text-align: center;"><u>LEGS 2</u></p> <p>Warm up: 50 Jumping Jacks</p> <p><i>Complete the following circuit 3 times, resting for 60 seconds between each circuit.</i></p> <p>Elevated Toe Squats 45 seconds Rest 15 seconds</p> <p>Curtsey Lunges 45 seconds Rest 15 seconds</p> <p>Calf Raises 45 seconds Rest 15 seconds</p> <p>O/C Squat Jumps 45 seconds Rest 15 seconds</p> <p>Wall Sits 45 seconds Rest 15 seconds</p> <p>Floor Touch Squats 45 seconds</p>
<p style="text-align: center;"><u>INTENSITY 1</u></p> <p>Warm up: 50 Jumping Jacks</p> <p><i>Complete the following circuit 3 times, resting for 60 seconds between each circuit.</i></p> <p>5 burpees</p> <p>10 mountain climbers</p> <p>4 burpees</p> <p>10 mountain climbers</p> <p>3 burpees</p> <p>10 mountain climbers</p> <p>2 burpees</p> <p>10 mountain climbers</p> <p>1 burpee</p>	<p style="text-align: center;"><u>INTENSITY 2</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</p> <p>10-count pushup plank</p> <p>40 alternating punches (counting 1-1,2-2)</p> <p>10 pushups</p> <p>10 triangle pushups</p> <p>40 alternating punches (counting 1-1,2-2)</p> <p>10 side pushups left</p> <p>10 side pushups right</p> <p>40 alternating punches (counting 1-1,2-2)</p>

<p style="text-align: center;"><u>KICKING 1</u></p> <p>Warm up: 30 Jumping Jacks, Dynamic Stretches (10 each leg)</p> <p><i>Complete the following circuit 3 times, resting for 60 seconds between each circuit.</i></p> <table> <tr> <td>Rapid Round Kicks Left</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Rapid Round Kicks Right</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Side/Hook/Round Left</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Side/Hook/Round Right</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Hold-out Side Kick- L</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Hold-out Side Kick- R</td><td>45 seconds</td></tr> </table>	Rapid Round Kicks Left	45 seconds	Rest	15 seconds	Rapid Round Kicks Right	45 seconds	Rest	15 seconds	Side/Hook/Round Left	45 seconds	Rest	15 seconds	Side/Hook/Round Right	45 seconds	Rest	15 seconds	Hold-out Side Kick- L	45 seconds	Rest	15 seconds	Hold-out Side Kick- R	45 seconds	<p style="text-align: center;"><u>KICKING 2</u></p> <p>Warm up: 30 Jumping Jacks, Dynamic Stretches (10 each leg)</p> <p><i>Complete the following circuit 3 times, resting for 60 seconds between each circuit.</i></p> <table> <tr> <td>6-Count Kicks Left</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>6-Count Kicks Right</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Round Kick Low/High Left</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Round Kick Low/High Right</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Side Kick Leg Pulses Right</td><td>45 seconds</td></tr> <tr> <td>Rest</td><td>15 seconds</td></tr> <tr> <td>Side Kick Leg Pulses Left</td><td>45 seconds</td></tr> </table>	6-Count Kicks Left	45 seconds	Rest	15 seconds	6-Count Kicks Right	45 seconds	Rest	15 seconds	Round Kick Low/High Left	45 seconds	Rest	15 seconds	Round Kick Low/High Right	45 seconds	Rest	15 seconds	Side Kick Leg Pulses Right	45 seconds	Rest	15 seconds	Side Kick Leg Pulses Left	45 seconds
Rapid Round Kicks Left	45 seconds																																												
Rest	15 seconds																																												
Rapid Round Kicks Right	45 seconds																																												
Rest	15 seconds																																												
Side/Hook/Round Left	45 seconds																																												
Rest	15 seconds																																												
Side/Hook/Round Right	45 seconds																																												
Rest	15 seconds																																												
Hold-out Side Kick- L	45 seconds																																												
Rest	15 seconds																																												
Hold-out Side Kick- R	45 seconds																																												
6-Count Kicks Left	45 seconds																																												
Rest	15 seconds																																												
6-Count Kicks Right	45 seconds																																												
Rest	15 seconds																																												
Round Kick Low/High Left	45 seconds																																												
Rest	15 seconds																																												
Round Kick Low/High Right	45 seconds																																												
Rest	15 seconds																																												
Side Kick Leg Pulses Right	45 seconds																																												
Rest	15 seconds																																												
Side Kick Leg Pulses Left	45 seconds																																												
<p style="text-align: center;"><u>TECHNIQUE - STANCES</u></p> <p>Warm up: 50 Jumping Jacks</p> <p><i>Complete in a pyramid workout format. Your pyramid will be counted in SECONDS.</i></p> <p style="text-align: center;">5, 10, 15, 20, 20, 15, 10, 5</p> <p style="text-align: center;">The Stance Dance</p> <p>Techniques should be paused after each move. Check your stance and make sure it is correct. Once correct, you may begin your count. Once complete, you may continue with the “dance” to your next move. Make sure to complete all the entire dance at one count before moving on to the next count.</p> <p>Please see the last page of this manual for a tutorial guide of The Stance Dance.</p>	<p style="text-align: center;"><u>TECHNIQUE - CHAMBERS</u></p> <p>Warm up: 50 Jumping Jacks</p> <p><i>Complete in a pyramid workout format. Your pyramid will be counted in REPETITIONS.</i></p> <p style="text-align: center;">5, 10, 15, 20, 20, 15, 10, 5</p> <ol style="list-style-type: none"> Reverse Lunge to Front Kick Chamber Side Lunge to Side Kick Chamber Hold Chamber Front Right Hold Chamber Front Left Hold Chamber Side Right Hold Chamber Side Left Hold Chamber Round Right Hold Chamber Round Left Fire Hydrants Switch Overs - Front Kick to Side Kick 																																												

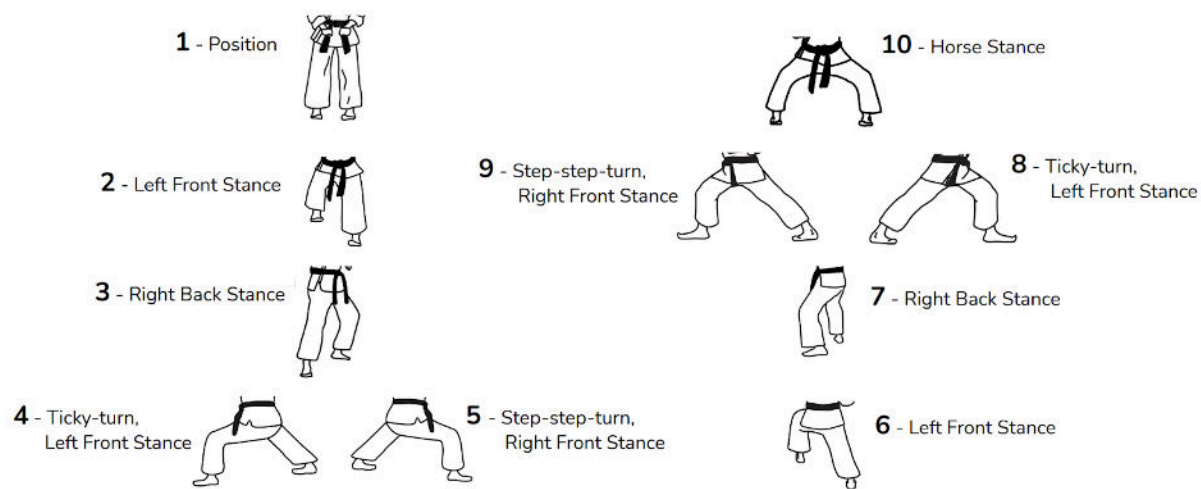
Homework Exercise Log

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

Week of	workout 1	workout 2	workout 3	workout 4	workout5
example	7/21 - full body 2	7/23 - core 1	7/24 - Kick 2	7/27 - Arms 1	7/28 - Intensity 2
Jul 20 - 26					
Jul 27 - Aug 2					
Aug 3 - 9					
Aug 10 - 16					
Aug 17 - 23					
Aug 24 - Aug 30					
Aug 31 - Sept 6					

Sept 7 - 13					
Sept 14 - 20					
Sept 21 - Sept 27					
Sept 28 - Oct 4					
Oct 5 - 11					
Oct 12 - 18					
Oct 19 - 25					
Oct 26 - Nov 1					
Nov 2 - Nov 7		NOT REQUIRED	NOT REQUIRED	NOT REQUIRED	NOT REQUIRED

Homework - Stance Dance



Black Belt Technique Tips:

Front Stances - Every time you land in a front stance check: 1) your back heel stays on the ground, 2) your back leg is completely straight, 3) your front knee is bent so that you cannot see your toes, 4) all 10 toes are pointed forward, and 5) your feet are slightly over shoulder width apart.

Back Stances - Every time you land in a back stance check: 1) your front 5 toes are pointed in the direction you are headed, 2) your back toes are pointed in the same direction as your belt knot, 3) your heels are lined up with each other, 4) your core is engaged, 5) your hips and shoulders are positioned so that your back knee is over your back ankle, and 6) most of your weight is on your back leg.

Transitions - Stay low during transitions such that the height of your head is at the same level as you change between stances. When turning, plan ahead and make sure your foot lands in the right spot every time for a good strong stance.