

# **Samurai Cop Academy**

## **Black Belt Candidate Testing Requirements**

As part of the Black Belt Exam at the Samurai Cop Academy, candidates will be required to submit a minimum 2000 word double-spaced typed written essay covering the topics listed below. The essay is to include the candidates name, academy rank and date of birth in the upper right hand corner and is to be turned into Sensei Dye one month prior to meeting the Minimum Time in Grade requirement from the last promotion date of 1<sup>st</sup> Kyu Brown Belt.

### **Essay Contents:**

1. What you have learned at the Academy since you first started.
2. How the Academy training has changed the your life.
3. What qualities you would look for in an Academy Black Belt.
4. What it would mean to you personally to hold the rank of Black Belt.
5. Why you should be considered for the rank of Black Belt.
6. As a Black Belt, discuss your future training plans at the Academy.

### **Testing Requirements:**

1. Meet minimum one-year time in grade as 1<sup>st</sup> Kyu Brown Belt.
2. Meet minimum 90 class-training hours from date of 1<sup>st</sup> Kyu promotion.
3. Meet minimum age requirement (Sensei's option)
4. Be able to demonstrate testing techniques and free style proficiently.
5. Take a practice test in front of a group of Black Belts prior to testing.
6. Attend an additional documented 15 hours of training in the Black Belt class.

Each candidate will be given a list of techniques and a DVD to study that contains all of the testing techniques that are required for the Shodan exam. Candidates shall design and maintain a personal Training Log to record by date their required class training hours for each 12 week Academy session attended including a section for recording the additional required training hours for attending the Black Belt classes. The Training Log is to show the hours attended and the instructor initials for each of the dates that the candidate attends a class. Upon completion of both the minimum required training hours and the required training hours for the Black Belt Class, the candidate shall submit their completed Training Log documenting the total number of required hours completed with the instructors initials to Sensei Dye prior to the candidates testing date announcement.

Those candidates who meet the necessary testing requirements and standards, and are fully prepared and ready to test, will receive a formal letter of invitation announcing their testing date to test for Shodan in Shuyokan Ryu Aikijutsu. Candidates who are not able to meet the testing requirements will be asked to wait until the next scheduled testing date to test.