

# BLACK BELT REQUIREMENTS

Whatever It Takes

www.AmericanInstituteOfKenpo.com

Until The Last Day

## Minimal Training Times

Kenpo is not a spectators' sport. Students must be actively training to be eligible for advancement. It is recommended that all students attend two classes a week and train two hours a week on their own. These are minimal recommendations. In addition, the minimal training time between black belt ranks are as follows:

### Senior Ranks

1st to 2nd Degree	2 years
2nd to 3rd Degree	3 years
3rd to 4th Degree	3 years
4th to 5th Degree	4 years
5th to 6th Degree	5-9 years
6th to 7th Degree	5-9 years
7th to 8th Degree	5-9 years
8th to 9th Degree	6-9 years

### Junior Ranks

1st to 2nd Degree	1 year
2nd to 3rd Degree	1 year
3rd to 4th Degree	1 year
4th to 5th Degree	1 year

## Required Reading & Essay

Black belts should have a working knowledge of the evolution of the martial arts. To gain a better understanding of physical, mental, and emotional benefits as they apply today and how they applied it in past times students are encouraged to not only read the following books but to spend time thinking about how the lessons of the past can help them live in the present with honor and integrity. Black belts are required to write a brief essay over the book they have read.

### Senior Ranks

#### 1st Degree

Bushido by Inazo Nitobe

#### 1st to 2nd Degree

The Kenpo Karate Compendium by Lee wedlake

#### 2nd to 3rd Degree

Meditations on Violence by Sgt. Rory Miller

#### 3rd to 4th Degree

The Art Of War by Sun Tzu

#### 4th to 5th Degree

Book of 5 Rings by Miyamoto Musashi

### Junior Ranks

#### The Kenpo Karate Compendium

by Lee Wedlake

#### 1st Degree

Pg. 9 - 11	How to Be a Good Student
Pg. 12 - 14	How to Practice
Pg. 15 - 19	Our Self-Defense Techniques

#### 1st to 2nd Degree

Pg. 19 - 22	Breathing and Kiai
Pg. 22 - 24	Falling and Rolling Skills
Pg. 24 - 25	Strong and Weak Side
Pg. 73 - 81	Short Form 1

#### 2nd to 3rd Degree

Pg. 25 - 28	Attitude and Self-Defense
Pg. 28 - 31	Weapons
Pg. 87 - 96	Short Form 2

#### 3rd to 4th Degree

Pg. 33 - 51	Salutations and the Foundations of Forms
Pg. 81 - 86	Long Form 1

#### 4th to 5th Degree

Pg. 51 - 72	A History of Kenpo Forms
Pg. 1 - 8	What Is This Stuff (Pg. 1 - 8)

## Value Report

Black belts should be rooted with a firm understanding of traditional values. That is the counterbalance and a guiding force for the tremendously destructive knowledge that is possessed. Black belts will need to complete a report including a full description of the value - from their point of view, how they feel it benefits others, and how they have used it in their life.

### Report Subject

1st Degree	Excellence
1st to 2nd Degree	Perseverance
2nd to 3rd Degree	Humility
3rd to 4th Degree	Compassion
4th to 5th Degree	Sincerity

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## Rank Assignment (Senior Black Belt Only)

Black belts should have the ability to rationally think and apply information through the filters of their life as well as share the structure and heritage of their training with others. The following assignments are required to be completed before promotion can be attained. For additional information on Personal Form assignments see your instructor.

### Assignments

1st Degree	“What I Learned & Why I Earned” Personal Report
1st to 2nd Degree	Forms 1 Through 4 Outline
2nd to 3rd Degree	Personal Short Form
3rd to 4th Degree	Personal Long Form
4th to 5th Degree	Personal Weapon Form

## AIK vs. F&F Belt Certification (Senior Black Belts Only):

Black Belt represents many different things for many different people. For some it is time in grade and continued study. For others it is a technical knowledge of the information being presented. For some it is simply a greatly elevated fighting capability. We offer two levels of Black Belt certification to adults. The first is a general F&F certification that can be achieved by completing all the general requirements just listed, and is primarily representational of time in training. The AIK certification is more specialized and is given to those that can meet all the listed requirements in addition to providing technical proficiency in all the techniques listed here for their rank. In addition, the active rotation should be flawless.

### AIK Certification Requirements

1st Degree	All Techniques Required of Ranks Below Black Belt
1st to 2nd Degree	All Techniques, All Sets and Forms Required of Ranks Below Black Belt
2nd to 3rd Degree	All Techniques, All EPAKS Sets and Forms Required of Below 3rd Black Belt
3rd to 4th Degree	All Techniques, All EPAKS Sets and Forms Required of Below 4rd Black Belt
4th to 5th Degree	All Techniques, All EPAKS Sets and Forms
	Demonstrate a working understanding of:
	Master Keys
	Linking
	Family Groupings
	Train 108 days in a row
	Document (record) and perform the entire system for archiving

**Note: To receive an AIK black belt you must participate in the black belt testing weekend.**

Though we do our best to maintain a high level of proficiency in our black belts each person must wear their belt and accept the responsibility of that rank. Please compare yourself to your own potential and settle for nothing other than your personal best.

## Black Belt Testing Application

To be eligible to test for Black Belt students must submit a completed Black Belt Test Application. Please be aware of payment and test registration deadlines. See your instructor for additional information.