Black Belt Attributes

The nine different training aspects that all students must understand to develop as martial artists.

1 Black Belt Attitude

Understanding and Demonstrating the Black Belt Life Skills: Courtesy, Attitude, Goal Setting, Respect, Honor, Perseverance, Loyalty, Self-Control & Integrity both in and outside of class.

Memorization

Committing to memory the required techniques in the right order. Learning how to feel if a stance or technique is correct without having to analyze it. Being able to properly visualize the techniques without physically having to execute them.

3 Eye Contact / Focus

Looking in the correct direction while executing techniques, visualizing and penetrating through your target. Blocking out all distractions.

4 Proper Technique

Correct beginning and ending positions executed in the right direction. Understanding the correct rotation and joint setup of the technique as well as pivot and body alignment. Using correct and effective stances while executing techniques.

5 Balance

Maintaining proper hand and body alignment along with a solid sole and bent base leg while executing kicks and one-legged stances. Being in control of height, distance and power to land purposefully.

6. Speed

Techniques start quickly and stop quickly with full range of motion. Maintaining proper breathing and consistent demonstration of speed throughout your performance.

7 Power

The ability to "pop" the uniform on form techniques or successfully break boards, by using speed and body weight towards a selected target.

8. Rhythm & Presentation

Keeping the appropriate pace for your form, hand & foot timing, facial expression and overall performance.

9 Automatic Reflex

Practicing with enough repetition that your techniques come to you smoothly without thought or pausing.