



BLACK BELT TRAINING

Black Belt Pre-Test sessions for Fall Black Belt Testing 2010

Required Equipment: Blackbelt Training t-shirt

#1 June 5 - 7:30am - *Student and Parent Orientation at 7:30-8am, followed by training - Parent's attendance is required! Black Belt Pre-Test Package Distributed*
BLACK BELT TRAINING REGISTRATION FORM DUE!

#2 June 19 - 7:30 - 10am

#3 June 26 - 7:30 - 10am

#4 July 10 - 7:30 - 10am

#5 July 24 - 7:30 - 10am

#6 August 7 - 7:30 - 10am

#7 August 14 - 7:30 - 10am

#8 August 21 - 7:30 - 10am- *Journal, Assignments and Essay Questions Due!*

August 28 - 7:00-11am - PRE-TEST AND TESTING REGISTRATION

September 11 - 6am-4pm - BLACK BELT TEST

Black Belt candidates are required to attend a minimum 6 of the 8 workout sessions!

All Black Belt candidates are strongly encouraged to attend the Saturday adult class at 9am after June 5 and until the Pre-Test.

Please, make sure to attend the Orientation at the beginning of the 1st Pre-Test session or make alternate arrangements in advance by calling us at 838-3820!