



# BLACK BELT TRAINING

Black Belt Workout sessions for Fall Black Belt Testing 2012

Required Equipment: Blackbelt Training t-shirt (Please, order at the office)

#1 June 2 - 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 9 - 7:30 - 10am

#3 June 16 - 7:30 - 10am

#4 June 30 - 7:30 - 10am

#5 July 14 - 7:30 - 10am

#6 July 28 - 7:30 - 10am

#7 August 4 - 7:30 - 10am

#8 August 11 - 7:30 - 10am- *Journal, Assignments and Essay Questions Due!*

August 18 - 7:00-11am - PRE-TEST AND TESTING REGISTRATION

September 15 - 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 2 and until the test.

Please, make sure to attend the Orientation at the beginning of the 1<sup>st</sup> Workout session or make alternate arrangements in advance by calling us at 838-3820!