

What you will receive with your Black Belt Exam

- Two Acrylic Plaques with BMA logo, date of your promotion and your name. One for you to keep and one to be presented to the school for display.
- Black Belt.
- Black Belt Diploma.
- Power Weekend.
- Black Belt Ceremony. (includes additional certificate and other items depending on which style you train in.)
- Black Belt Graduation Party.

My Black Belt Information

My first Power Weekend date is: _____

My Recommended Black Belt Exam Date is: _____

My second Power Weekend date is: _____

My decided Black Belt Exam date is: _____



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*"What to expect
on your road to
Black Belt"*

*"Linking Practical
Defense with Personal
Development"*

Tel: 540-869-5900

Preparing for Power Weekend



Power Weekend is a special event for all students wanting to achieve their Black Belt. During Power Weekend, students are tested on their physical fitness, endurance, knowledge of martial arts, teamwork, attitude and perseverance. Students are allowed to

attend Power Weekend at the rank of Red One Belt in our Mixed Martial Arts Program and Brown Belt in our Taekwondo Program. To achieve 1st Degree Black Belt Recommended, the student must have attended at least one Power Weekend. Students promoting to 1st Degree Black Belt Decided must attend and pass the Power Weekend the month of their exam. The cost of this training and testing is included in the belt exam fee. Training lasts from four to six hours depending on the number of attendees.

To attend you must ask for an application and submit to your instructor before the event date.

What is the difference between Recommended and Decided Black Belt?

A Recommended Black Belt is a student that has completed the basic requirements and is in a probationary status awaiting their second and final exam for Black Belt. During the time they are in this probationary phase they are being evaluated in technique, character, loyalty, attitude and responsibility. Decided Black Belt is a student that has passed their final exam for Black Belt. They have passed all requirements to the satisfaction of the Board of Examiners. Decided Black Belt is a permanent rank.



How do I prepare for Black Belt?

Power Weekend should be the first thing in mind when a student is preparing for Black Belt. Please see the bulletin board for Presidential Physical Fitness Award requirements. The following are the basic requirements.

1. The student must perform 50 correct push ups in two minutes or less. This is required over the Presidential standards.
2. Must be in good physical condition.
3. Must have excellent positive & team attitude.
4. Must pass the endurance portion of Power Weekend. (Don't stop or give up!)
5. Must demonstrate all forms or techniques for which ever style you train in.

6. Must break boards within three attempts.

Students attending Power Weekend are encouraged to wear their summer uniform. If you do not have a summer uniform you must wear your regular uniform.

- You must complete Power Weekend to be promoted to 1st Degree Black Belt and above. All students examining for 1st Degree Black Belt Recommended must complete at least one Power Weekend before being eligible for exam.
- Please bring your running shoes, water and a towel.

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