



PREPARING FOR THE A. S. K. JUNIOR BLACK BELT TEST

Most of the requirements for earning your A.S.K. Junior Black Belt are listed on the Junior Black Belt Requirements sheet, which may be found on the website, at www.askmartialarts.com. The tests are held once a year, in the summer. Your instructor will have information about the test schedule. Here are some guidelines to help you prepare:

Bring to the Test:

- Completed Sign-In Sheet
- Essay
- Journal
- Written test (multiple-choice, covering the Junior Manual)
- Test fee - \$100 cash

The test will include:

- 50 sit-ups
- 50 push-ups
- 3 two-minute sets of jump rope
- 3 two-minute sets of shadow boxing
- Demonstrate **all** techniques in the Junior Manual
- Demonstrate H-Form katas, and any other katas you have learned
- 1 hour of sparring
- Some surprises ?

Some hints for preparation:

- Your daily workouts should include a variety of exercises chosen from sit-ups, push-ups, jumping rope, shadow boxing, techniques, and katas. Mix up the selection, so that you don't do the same workout every time.
- Record all workouts, classes, and karate-related events in your journal.
- Take the initiative to ask your instructor if you have questions, or feel you need more work in some areas.
- You are responsible for getting the signatures for your Requirements sign-in sheets.

Good luck!