

# ***JOE LEWIS BLACK BELT TEST***

**STEP 1:** Review Bi-Laws and ensure eligibility, requirements, and understandings are met.

**STEP 2:** Fill-out Black Belt Test Application online.

**STEP 3:** Pay Test Registration Fee

## **The Joe Lewis Test Board will contact you:**

- 1) To ensure eligibility requirements are met.
- 2) Date, Time, and Location for Test.

## **BY-LAW 1: “Who is eligible to test for a Joe Lewis Systems Black Belt”?**

An individual is eligible to test who:

a) Completed one of the following:

1. Has earned a black belt under a qualified instructor in any martial art system.
2. Has won a minimum of 3 sport combative events in full contact Kickboxing and/or Mixed Martial Arts.

b) is actively applying the Joe Lewis Systems concepts and tactics

c) has attended at least two seminars under Joe Lewis Black Belt within the last 2-years; other than immediate instructor.

d) has been sponsored by an active Joe Lewis Black Belt, who is currently member of the Superfoot / Joe Lewis Association.

e) is 18-years or older

*Note: “junior” black belts will follow under the under belt requirements. After obtaining a “junior” black belt, in the association, the student will need to follow By-Law requirements to test for adult ranking.*

## **BY-LAW 2: “Requirements for becoming Joe Lewis Systems Black Belt”?**

An individual who:

a) is currently training in the Joe Lewis Systems

b) has applied it’s concepts and tactics in training.

c) has acquired a Black Belt under a qualified instructor and/or won minimum of 3 sport combative events in full contact Kickboxing and/or Mixed Martial Arts.

d) is sponsored by a certified active Joe Lewis Black Belt.

e) whose test is witnessed and/or approved by Superfoot / Joe Lewis Association Test Coordinator.

f) consists of:

i. Demonstration Joe Lewis concepts and tactics in Shadow Fighting:

- 1) 2 – 2-minute rounds: Boxing Skills
- 2) 2 – 2-minute rounds: Kicking skills
- 3) 2 – 2-minute rounds: Kickboxing skills

ii. Demonstrating Joe Lewis concepts and tactics in mitt work:

- 1) 1 – 2-minute round: Any Joe Lewis mitt combination (see manual)
- 2) 1 – 2-minute round: Any, different from #1, Joe Lewis mitt combination (see manual)
- 3) 1 – 2-minute round: Free style (setting-up, mixing combinations, etc)

iii. Sparring for 3 – 3-minute rounds.

g) was not:

i. knocked out during the test.

ii. quit during the test.

iii. stopped and/or receiving 2 – standing “8 counts” by Test Board.

h) is promoted by an appointed Executive Board member.

i) has agreed, in advance, to support the Superfoot / Joe Lewis association thru dues and to make every effort to meet the “Active” status requirements.

The rank testing is comprised of 3 parts, skills, knowledge and physical ability test. Each student will be required to demonstrate his or her skills with a one-on-one session with Joe Lewis Test Coordinator or a black belt designated by the Test Coordinator.

**Skills Test:** Perform up to 2 of the Black Belt training sequences. Demonstrate these skills with proficiency corresponding with that of a Joe Lewis Black Belt.

**Knowledge Test:** Explain and execute up to 2 of the Black Belt training sequences as it pertains to their tactics. Explanation, of sequences, with proficiency corresponding with that of a Joe Lewis Black Belt.

**Physical Test:** see item e, f, and g.

**BY-LAW 3: “Test Fees”**

- a) Test fee is: \$200 (all rank levels)
- b) Test fee must be paid minimum 7 days prior to test.
- c) Upon passing test, student will receive:
  - i. Joe Lewis Black Belt Diploma
  - ii. Embroidered Black Belt with Rank
- d) If student does not pass test:
  - i. Testing fee will carry forward to next testing.
  - ii. Added fee of \$50 will be assessed for next testing.

