

Superfoot Systems

Black Belt Testing Requirements

1) Testing Frequency

- a. Black Belt Testings will be done two times per year
 - i. June – Superfoot System Annual Training and Testing Conference
 - 1. 6-month candidate training program begins in January
 - 2. Location and date to be announced on website.

2) Testing Criteria

- a. Basic Techniques
 - i. Kicking (Side, Roundhouse and Hook Kick)
 - ii. Boxing (Jab/Backfist, Cross, Hook, Uppercut)
- b. Combinations
 - i. Beginner
 - ii. Intermediate
 - iii. Advanced
- c. Fighting Strategies
 - i. Side Fighting Stance and Hand Positioning
 - ii. Footwork (e.g. Step Up, Bounce Step, Movement)
 - iii. Protecting the Head
 - iv. Distancing
- d. Drills & Skills
 - i. Flexibility
 - ii. Slow Kicking
 - iii. Endurance Kicking
 - iv. Shadow Boxing & Kicking
 - v. Sparring

3) Requirements

- a. Superfoot System membership in good standing for minimum of 1 year
- b. Black Belt in another martial arts striking system (e.g. Karate, Kung Fu, Taekwondo, Kickboxing)
- c. Minimum of attendance in two (2) Superfoot Seminars within 2 years prior to testing date
- d. Superfoot System Official Uniform and Patch
- e. Completed Superfoot Systems Testing Application
- f. Payment of Superfoot Systems Testing Fee (see website for fee's)

- g. Time between grade
 - i. 1st Dan – 2 years, 2nd Dan – 3 years, 3rd Dan – 4 years, 4th Dan – 5 years, 5th Dan – 6 years, 6th Dan – 7 years, 7th Dan – 8 years, 8th Dan – 9 years
- h. Written letter of recommendation/sponsorship by Superfoot System Black Belt Instructor in good standing
- i. Complete 6-month training program overseen by Superfoot System Regional Director (video and/or in person)
 - i. Beginner Curriculum
 - 1. Demonstrated/Submitted by Candidate to Regional Director
 - 2. Authorized by Regional Director – Month 2 of training cycle
 - ii. Intermediate Curriculum
 - 1. Demonstrated/Submitted by Candidate to Regional Director
 - 2. Authorized by Regional Director – Month 3 of training cycle
 - iii. Advanced Curriculum
 - 1. Demonstrated/Submitted by Candidate to Regional Director
 - 2. Authorized by Regional Director – Month 4 of training cycle
- j. Authorization to test by the Superfoot System Testing Coordinator