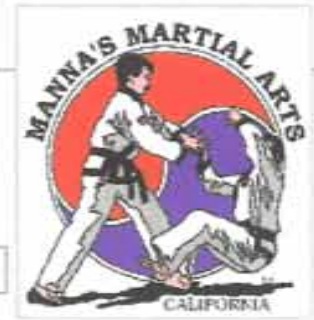
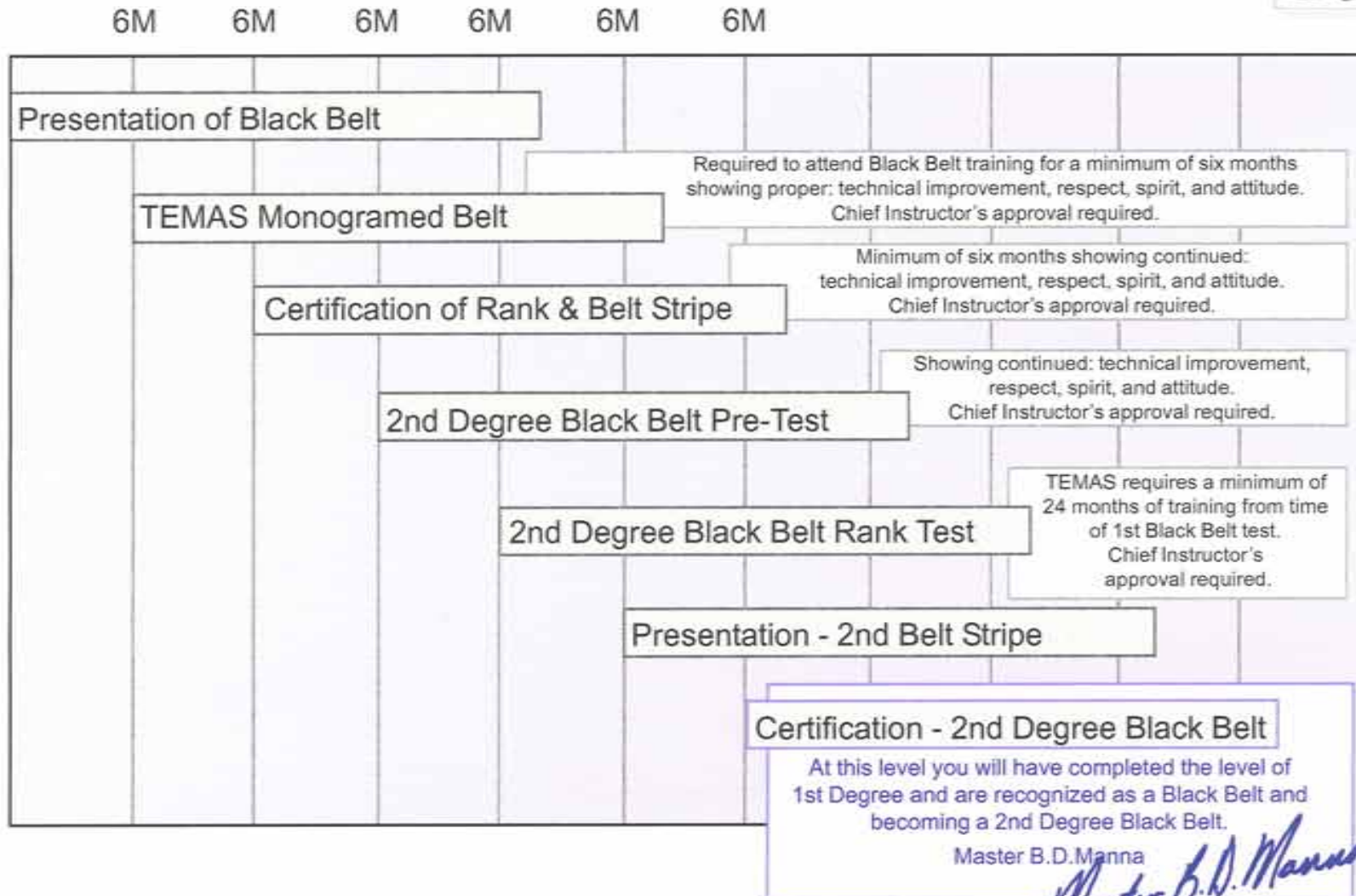


Black Belt - time and grade as our journey begins.

The Masters of Manna's Martial Arts are pleased to have you one step closer to achieving your 1st Degree Black Belt. The ranks of Black Belt are marked and stretch out before you. Each one of our goals as a Black Belt are our own, yet supported by those whom have traveled before us (the Dan members) and those with us. Please accept this as a guide, not a rule for some of the mile markers along your journey.



Black Belt Pre-Test: White thru blue techniques and conditioning. Black Belt Rank Test: All red belt techniques and applications.



Master B.D. Manna

MMA BBTG