## Red Belt to Black Belt - time and grade - quest for Black Belt

The Masters of Manna's Martial Arts are pleased to have you one step closer to starting on the path of Black Belt. The ranks of Red Belt are marked and mile markers set before you. Each one of our goals as a senior 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.



6M 6M 6M 6M 6M 6M Presentation of Red Belt Minimum of six months since last rank. Showing continued: Presentation of Red Belt 1st Gup technical advancement, respect, spirit, and attitude. Chief Instructor's approval required. Minimum of six months since last rank. Showing continued: Presentation of Red Belt Cho Dan Bo technical advancement, respect, spirit, and attitude. Chief Instructor's approval required. Minimum two months to Pre-Test and then 5 Months to Rank Test Black Belt Pre-Test Black Belt Pre-Test: White thru blue techniques and conditioning. Black Belt Rank Test: All red belt techniques and applications. Black Belt Rank Test PUBLIC PRESENTATION Minimum of three months showing proper; technical improvement, respect, spirit, and attitude. Chief Instructor's approval required. Presentation of Black Belt Required to attend Black Belt training for a minimum of six months showing proper: technical improvement, respect, spirit, and attitude. Chief Instructor's approval required. TEMAS Monogramed Belt Required to attend Black Belt training for a mimum of six months showing continued proper: technical Certification of Rank & Belt Stripe improvement, respect, spirit, and attitude. Chief Instructor's approval required. Black Belt Certification of Rank & Belt Stripe Minimum of six months showing continued: technical improvement, respect, spirit, and attitude. Chief Instructor's approval required. Please see Black Belt Time and Grade Sheet

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