

Family Martial Arts Academy



Senior Black Belt Requirements

Next Steps On Your Journey To Earn Your Black Belt

Your Name: _____ Date: _____

ASKA #: _____ Renewal Date: _____

We are an American Shorin-ryu Karate Association (ASKA) Charter school. By orange belt, all students are required to register as Members. Applications are available at our Academy or you can register online at:

<http://www.aska-karate.org/joinrenew/>



American Shorin-ryu Karate Association

The *American Shorin-ryu Karate Association* is a national non-profit organization dedicated to the growth and advancement of the Okinawan martial arts. Founded in 1969, the ASKA has grown from a single club at The Ohio State University to a nationwide network of schools dedicated to teaching the Okinawan arts of *karate* (unarmed self-defense) and *kobudo* (Okinawan weaponry).

Our schools pledge to maintain the highest standards of professional, personal and business conduct; to encourage the physical, spiritual, and moral development of instructors and students; to serve their communities and country; and to honor those who have gone before and devoted their lives to the advancement of the Art of *Karate*.

Transforming and empowering each and every student®

The ASKA is dedicated to helping our students, instructors, and employees pursue unparalleled individual growth and positive personal transformation as they pursue and attain excellence through our black belt leadership programs. The ASKA certifies instructors and students in the art of Okinawan karate and related martial arts. Individual empowerment and personal transformation are the main focus of our curriculum and the cornerstones of our business ethic. The ASKA incorporates and maintains the highest professional standards while challenging all members to achieve their very best in all that they do. Among our embraced values are respect, discipline, confidence, achievement and leadership. The ASKA belt ranking structure is designed to highly motivate and reward the student's attainment of his or her personal goals. The coveted black belt is the main symbol that embodies and recognizes our members' highest achievements in their on-going pursuit and commitment to excellence.

It is your responsibility to keep your registration with the ASKA current.

Family Martial Arts Academy is an American Shorin-ryu Karate Association (ASKA) Charter school. As our national Association, the ASKA sets the standards for all promotional rank requirements and provides its member schools with scholarship support, student and instructor clinics and seminars, publications and a rich connection to our past historical lineage and roots. **By orange belt (9th kyu), all students are required to register as Members** for a \$35 annual fee. Every year thereafter, members are expected to maintain renewals and keep their membership current. Membership applications are available at our Academy or you can go online to pay the membership fee: <http://www.aska-karate.org/joinrenew/>

| Rank | Instructor Initial | Date |
|------|--------------------|------|
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General Comments

This booklet is intended to be a training guide to assist you in the preparation for your upcoming Black Belt Promotional Examination.

Your personal journey to Black Belt began a number of years ago. To be exact, it began the day you put on a uniform and stepped onto the training floor for the first time.

On this journey, you have experienced many successes, and likely, more than a few challenges.

By virtue of the fact that you are in a position to take this Black Belt examination, you have proven to yourself and to your instructors that you have the perseverance and indomitable spirit it takes to meet those challenges set before you and to achieve the long term goals you set for yourself. Achieving your First Degree Black Belt is a major milestone. Many students are inspired to continue training to higher levels of black belt as they continue to build ongoing life long skills and habits. Your new goals can include higher levels of black belt, black belts in other related disciplines, black belt in kobudo (weapons), and Certified Instructor levels,

Many others began this journey with the same goal of earning a Black Belt in mind, but for one reason or another some of them were not able to reach the point where you now stand.

Since you have committed so much time and effort on this quest, it makes sense that you would wish to complete this segment of your journey in peak condition, both physically and mentally.

This booklet is meant to act as a guide for your final months of preparation, however, only you can train with the type of integrity it will take to assure you the truly rewarding life experience your promotion to Black Belt is designed to be.

Black Belt Focus Points:

1. Strive to make each training session optimal, safe, and progressive.
2. Rate yourself on a scale of 1-10.
3. Is anyone trying harder than you are?
4. Focus your mind, eyes, body, and spirit.
5. Train at all times in an intense and serious manner.

Age and Martial Arts Experience Requirements

In consideration that maturity in life and in the martial arts is commensurate with Black Belt rank, we have the following requirements around age and black belt experience.

For Senior Shodan, the applicant must be 16 years or older.

For Senior Nidan, the applicant must be 18 years or older and have 2 years of experience as a Senior Shodan.

For Senior Sandan, the applicant must be 21 years or older and have 3 years of experience as a Senior Nidan.

For Senior Yondan, the applicant must be 30 years or older, have at least 4 years of experience as a Senior Sandan, and have 10 years of experience as a Black Belt.

For Senior Godan, the applicant must be 35 years or older, have at least 5 years of experience as a Senior Yondan, and have 15 years of experience as a Black Belt.

Ranks of Rokudon + are Executive Board decisions.

Instructor's Rank

SWAT (Students Working As Teachers)

Must be a member in good standing with the ASKA, green belt or higher, member of Leadership, and have submitted a SWAT application which is approved by instructor(s) of the class you are applying to work as a student teacher.

Assistant Instructor

Nikyu or higher or Junior Shodan

Instructor

Nidan Level

1 year time in grade

Head Instructor

Sandan Level

1 year time in grade

Senior Instructor

Yondan Level

1 year time in grade

Chief Instructor

Godan Level

1 year time in grade

Executive Board

Rokudan Level

(by invitation)

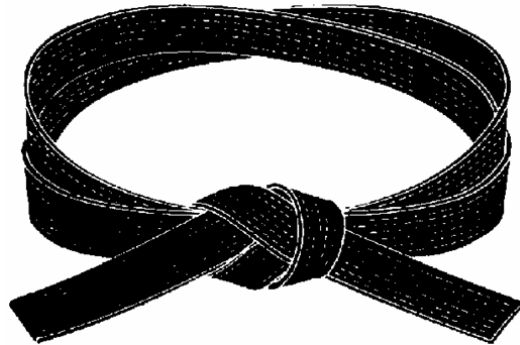
A journey of 1000 miles begins with the first step...

You can choose one of two pathways during these next few months that precede your Black Belt examination. One path will lead to “Getting Your Black Belt” and the other will lead to “Black Belt Excellence”.

“Getting Your Black Belt” requires that you meet the minimum standards set by the instructors in the minimum time possible, while putting forth the least amount of effort and energy. The result will be a beautiful new Black Belt with gold lettering to tie around your waist.

“Black Belt Excellence” requires that you meet the requirements with the highest possible quality your physical and mental abilities will allow. An individual dedicated to “Black Belt Excellence” will train more than the minimum number of classes, will attempt to exceed the physical fitness requirements, and will train during each and every class session with the intention of making his or her techniques the sharpest in the school. The result will not only be the outward symbol of a Black Belt but also an enlightening experience which will open up a world of limitless possibilities in the martial arts and in life.

Only you can determine what your Black Belt experience will be like...Choose Wisely!



ATTENDANCE & PARTICIPATION

During the 6-9 months prior to your Black Belt examination date, you should attempt to train in class at least 3-4 times per week total with 2 of those classes being one of the advanced classes (usually offered from 6:45-7:30PM M-Th).

Remember that “showing up” to log your time is not nearly as important as how you work during each of your training opportunities. Make all of your movements exact and crisp. Set your stances precisely every time. Answer “Yes Sir/Ma’m!” or “No Sir/Ma’m!” when called upon.

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CONFERENCE WITH SENSEI

It is up to you to schedule and participate in conferences with Sensei at approximately four (4) months and one (1) month prior to your Black Belt Examination Date.

Date: _____ **Initials:** _____ **Date:** _____ **Initials:** _____

PHYSICAL FITNESS STANDARDS (*)

Push-Ups:

Push-Ups are to be done on the palms of the hands with the arms extended beneath the shoulders. You may stop at any time during the one-minute test in the “up” position and rest for a moment until you feel you can resume.

When performing the push-ups, visualize touching your chest to a baseball placed underneath you so that you are doing a deep push-up rather than a “nod of the head” push-up. Push-ups that do not meet these criteria do not count towards the test total. Additionally, if the performer rests at the bottom of the push-up, then the count resets to 0.

Sit-Ups:

Sit-ups are to be done either having your feet held to the floor or by securing them under a support with your knees bent. The head is tilted slightly upward with the hands either crossed over your chest or behind your neck for support. The chest must come up within a fist’s distance of the chest. As in the push-up test, you may “rest” at the “up” position during the sit-up until you feel you can continue.

Sit-ups that do not meet the criteria listed above do not count towards the test total. Additionally, if the performer rests in the “down” position, the count is reset to 0.

*In some cases with permission from your Sensei, modifications will be allowed.

The following dynamic strength assessment targets are based on the Cooper Institute for Aerobics Research guidelines. Both the push-up and sit-up tests are one minute in duration with the **minimum standard** being based on the 50th percentile for your age and gender categories.

Dynamic Strength Assessment Targets

| Males Under 9 | | 50th Percentile | | Females Under 9 | | 50th Percentile |
|-----------------------|--|------------------------|--|------------------------|--|------------------------|
| Sit-Ups (One Minute) | | 20 | | Sit-Ups (One Minute) | | 8 |
| Push-Ups (One Minute) | | 15 | | Push-Ups (One Minute) | | 8 |
| | | | | | | |
| Males 9-10 | | | | Females 9-10 | | |
| Sit-Ups (One Minute) | | 26 | | Sit-Ups (One Minute) | | 17 |
| Push-Ups (One Minute) | | 15 | | Push-Ups (One Minute) | | 13 |
| | | | | | | |
| Males 11-12 | | | | Females 11-12 | | |
| Sit-Ups (One Minute) | | 31 | | Sit-Ups (One Minute) | | 22 |
| Push-Ups (One Minute) | | 21 | | Push-Ups (One Minute) | | 11 |
| | | | | | | |
| Males 13-14 | | | | Females 13-14 | | |
| Sit-Ups (One Minute) | | 36 | | Sit-Ups (One Minute) | | 27 |
| Push-Ups (One Minute) | | 27 | | Push-Ups (One Minute) | | 14 |
| | | | | | | |
| Males 15-19 | | | | Females 15-19 | | |
| Sit-Ups (One Minute) | | 46 | | Sit-Ups (One Minute) | | 37 |
| Push-Ups (One Minute) | | 44 | | Push-Ups (One Minute) | | 19 |
| | | | | | | |
| Males 20-29 | | | | Females 20-29 | | |
| Sit-Ups (One Minute) | | 40 | | Sit-Ups (One Minute) | | 35 |
| Push-Ups (One Minute) | | 33 | | Push-Ups (One Minute) | | 18 |
| | | | | | | |
| Males 30-39 | | | | Females 30-39 | | |
| Sit-Ups (One Minute) | | 36 | | Sit-Ups (One Minute) | | 27 |
| Push-Ups (One Minute) | | 27 | | Push-Ups (One Minute) | | 14 |
| | | | | | | |
| Males 40-49 | | | | Females 40-49 | | |
| Sit-Ups (One Minute) | | 31 | | Sit-Ups (One Minute) | | 22 |
| Push-Ups (One Minute) | | 21 | | Push-Ups (One Minute) | | 11 |
| | | | | | | |
| Males 50-59 | | | | Females 50-59 | | |
| Sit-Ups (One Minute) | | 26 | | Sit-Ups (One Minute) | | 17 |
| Push-Ups (One Minute) | | 15 | | Push-Ups (One Minute) | | 13 |
| | | | | | | |
| Males 60+ | | | | Females 60+ | | |
| Sit-Ups (One Minute) | | 20 | | Sit-Ups (One Minute) | | 8 |
| Push-Ups (One Minute) | | 15 | | Push-Ups (One Minute) | | 8 |

KATA PREPARATION

A thorough preparation of your required katas indicates not only mastery of your basic technical skills but also the level of pride you take in demonstrating your techniques. The following points should be considered when performing the patterns:

1. Correct posture and direction must be maintained at all times.
2. The kata should be performed in a rhythmic movement with an absence of “stiffness.”
3. Black Belts candidates should perform each movement with precision, focus, and power.
4. Understand the Bunkai (application) of the movements and be able to demonstrate them.

Have each of your katas checked formally 3 times by Black Belts who are at least one rank senior to you. A Senior Instructor should check candidates going for Yondan and higher.

Ask them to give you 2 or 3 points of practice to work on and then show with your actions that you are attempting to bring your katas to perfection level. Kata is a constant work in progress and you should never be satisfied with your current level of proficiency.

Required Black Belt Forms*

| Comprehensive | Shodan | Nidan | Sandan | Yondan | Godan |
|-------------------|------------------|------------------|------------------|------------------|------------------|
| Fukugata Dai Ichi | Tomari no | Kyan no | Rohai | Chattan-Yara | Gojushiho |
| Fukugata Dai Ni | Passai | Chinto | Passai Gwa | Kusanku | |
| Pinan Nidan | Naihanchi | Naihanchi | | Sochin | |
| Pinan Shodan | Nidan | Sandan | | | |
| Pinan Sandan | <i>Optional:</i> | <i>Optional:</i> | <i>Optional:</i> | <i>Optional:</i> | <i>Optional:</i> |
| Pinan Yondan | Saifa | Matsubayashi | Seisan / | Shishoshin | Kurunfa |
| Pinan Godan | | Ananku | Hangetsu | | |
| Ananku Dai | Kumite Kata | Seienchin | Seipai | Sanchin | Superinpai |
| Wanshu | Shodan | | | | |
| Wankan | | | | | |
| Naihanchi Shodan | | | | | |

*ASKA Head Instructors have the flexibility to substitute equivalent kata requirements, drawing from Goju-ryu, related Shorin-ryu, and approved ASKA kata.

KATA - TEST LOG

| Date | Kata / Form | Comments |
|------|----------------------|----------|
| | Fukugata dai ichi | |
| | Fukugata dai ni | |
| | Pinan Nidan | |
| | Pinan Shodan | |
| | Pinan Sandan | |
| | Pinan Yondan | |
| | Pinan Godan | |
| | Ananku Dai | |
| | Wankan | |
| | Wanshu | |
| | Naihanchi Shodan | |
| | Tomari no Passai | |
| | Naihanchi Nidan | |
| | Kyan no Chinto | |
| | Naihanchi Sandan | |
| | Rohai | |
| | Passai Gwa | |
| | Chattan-Yara Kusanku | |
| | Sochin | |
| | Gojushiho | |
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KARATE BASICS

Karate basics are the building blocks upon which all advanced aspects of karate will be built. There is an old saying that in order to be great at something you should repeat it 10,000 times. At this point in your martial arts career, you should be approaching or surpassing this number with respect to the stances, blocks, strikes, & kicks that will be a part of your black belt examination. The test examiner will determine the number of repetitions and scope for the test.

Stances – Forward Stance, Walking Stance, Side Stance, Cat Stance, Hook Stance, Tai Sabaki (Body movement techniques), & Naihanchi Stance.

Blocks – Low Block, High Block, Outside Block, Inside Block, Double Knife Hand Augmented Low Block, Reverse Outside Block, Square Block, Shuto Block, Augmented Outside Block, Double Block (Middle/Low), Elbow Block, Augmented Low Block, Open Hand High Block with Knife Hand Strike (C-level), Forward Stance to the Rear with C-Level Inside Block/Low Block. & Open Hand Outside Block.

Strikes – Reverse Punch, Lunge Punch, Elbow Strike, Horizontal Knife Hand Strike, Vertical Double Punch, Hammerfist Strike, Spearhand Strike, Backfist, & Chase Punch.

Kicks – Front Kick. Back Kick. Side Kick. Roundhouse Kick. Spinning Back Kick. & Hook Kick.

Kihon Stance Pattern

Campbell's Complex Stance Pattern

10 Count Punching Drill*

1. Backfist – Reverse Punch
2. Grab – Reverse Punch
3. Doggie Punch
4. Lean-in Low – High Punch
5. Whip Punch
6. Low – High Combination
7. Downward Punch
8. Hook Punch
9. Sweep – Reverse Punch
10. Lunge Punch

Silvan Kicking Kata #1 (Shodan)

Silvan Kicking Kata #2 (Nidan)

*You should know these techniques but do not need to memorize them in any particular order.

One-Steps – The purpose of a One-step is to link our karate basics into a meaningful sequence of movements designed to counter a pre-determined attack. Proper intensity should be displayed during this exercise.

White Belt Ippon 1

Attacker: Right Step & Right High Lunge Punch.

Defender: Right Step back into Walking Stance & Left High Block. Right Reverse Middle Punch.

White Belt Ippon 2

Attacker: Right Step & Right Low Lunge Punch.

Defender: Right Step back into Forward Stance & Left Low Block. Right Reverse Middle Punch.

Orange Belt Ippon 1

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Right Step back into Walking Stance & Left Outside Block. Right Reverse Middle Punch.

Orange Belt Ippon 2

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Right Step back into Walking Stance & Left Inside Block. Right Reverse Middle Punch.

Yellow Belt Ippon 1

Attacker: Right Step & Right High Lunge Punch.

Defender: Right Step back into Walking Stance & Left High Block. Right Rear Leg Front Kick. Plant Back.

Yellow Belt Ippon 2

Attacker: From a Left Forward Stance, Right Rear Leg Front Kick to Groin.

Defender: Step off 45 ° to the right into Left Cat Stance & Left Double Low Shuto Block. Left Front Kick to Groin.

Gold Belt Ippon 1

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Right Step back into Walking Stance & Left Inside Open Hand Parry Block. Right Step into Walking Stance & Right Middle Spear Hand Strike to solar plexus or alternative target.

Gold Belt Ippon 2

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Right Step back into Left Cat Stance to the inside of your opponent and Left Shuto Block. Left lead Front Kick.

Purple Belt Ippon 1

Attacker: Right Step & Right High Lunge Punch.

Defender: Left Step Forward into Walking Stance & Left Open Hand High Block. Right Spear Hand Strike/Chop to Throat/Eyes.

Purple Belt Ippon 2

Attacker: Right Step & Right Middle Lunge Punch.

Defender: Left slide backward and to the outside of your opponent 45 ° into Right Cat Stance & Right Shuto Block. Right Grab & Right Side Kick to Ribs/Armpit.

STANDARDIZED BASIC SELF DEFENSE

The Standardized Basic Self Defense techniques were developed primarily for beginning to intermediate belt levels and are based on concepts taught by Professor Wally Jay, the founder of Small Circle Jiu Jitsu.

Single Wrist Grab (Same Side)
Single Wrist Grab (Cross)
Collar Grab
Bear Hug Escape
Headlock Escape
Two Hand Front Choke Defense Before & After

STANDARDIZED COMPLEX SELF DEFENSE

The Standardized Complex Self Defense techniques were developed from the Shorin-ryu katas. Although these techniques can be made to work against the pre-determined attack, some techniques are primarily used to illustrate a concept or to show proper body dynamics.

Shodan

Green Belt 1 – Parry Block, Stretch Punch
Green Belt 2 – Elbow vs. Front Kick Defense
Blue Belt 1 – Double Strike vs. Left Punch
Blue Belt 2– Elbow Block, Backfist vs. Middle Punch
Brown Belt 1 – Backfist Block A,B, &C.
Brown Belt 2 – Inside Block, Shuto Block/Strike, Elbow Strike.
Brown Belt 3 – Front Kick Step Out, High Punch, Close Punch
Brown Belt 4 – High Block, Backfist vs. Front Kick & High Punch.
Brown Belt 5 – Pinan Godan Throw.
Brown Belt 6 – Brown Belt Front Kick Takedown.

Nidan

Black Belt 1 – Footwork Block A,B, &C.
Black Belt 2 – Beginning of Passai v.s Right High Punch
Black Belt 3 – Parry Block/Strike, Knee, Break.
Black Belt 4 – Punch/Block Level C.
Black Belt 5– Seisan Block/Break.

Sandan

Black Belt 6 - Inside Block –Circle- Punch-Knee Stomp
Black Belt 7 - Goju Shiho (“Brush Block”, Punch, Step-through Elbow)
Black Belt 8 - Feint – High Punch – Low Punch – Knee Stomp
Black Belt 9 - Reverse Shuto Block/Break – Backfist
Black Belt 10 - Hammerfist-Goju Shiho-knee stomp

YAKUSOKO KUMITE

“Yakusoko kumite” means “promised sparring.” These 2-person exercises were developed to bridge the gap between kata and “free” sparring. Choki Motobu, a legendary Okinawan fighter, has sometimes been credited as the inspiration for the creation of these sets. The central idea here is that the attacker has “promised” to do a specific technique and the defender has “promised” to respond in a specific way. True to the precepts of karate, the defender always wins in the Yakusoko kumite.

Shodan

Yakusoko #3

Yakusoko #2

Yakusoko #4

Yakusoko #1

Fukugata Dai Ni Kumite

Kihon Waza Yakusoko

Kihon Waza (Star Pattern)

Nidan

Yakusoko #5

Sandan

Yakusoko #6

BUNKAI

Bunkai is the application of the moves in each kata and represents the accumulated fighting wisdom of the masters. As a result each move can be understood at various levels. For your examination, you are to explain and demonstrate 1 bunkai from the katas listed below your target black belt dan level.

Shodan

Bunkai for all moves of one of the following: Ananku, Wankan, or Wanshu.

Nidan

Bunkai for all moves of Tomari no Passai.

Sandan

Bunkai for all moves of Kyan no Chinto

STANDARDIZED TAKE DOWNS

These Standardized Take Downs were developed primarily as an extension of the Complex Self Defense Technique and are also taken from the katas. Shodan Candidates should be prepared to demonstrate 5 of the 21. (Nidan = 10, Sandan = 15, Yondan = All).

- 1) Front Kick A and B
- 2) Side Kick
- 3) Roundhouse Kick A or B
- 4) Shuffle Takedown
- 5) Tackle Takedown
- 6) Stomp-Sweep
- 7) Sweep A,B,C
- 8) Spinning Back-Knuckle
- 9) Single-Leg Takedown
- 10) Leg Push/Lock
- 11) Dragon Choke
- 12) Brown Belt Front Kick
- 13) Shuto Block w/Shuto Strike
- 14) Front Kick Base Takedown
- 15) Lunge Punch w/Rear Leg Sweep
- 16) Scissors A & B
- 17) Drop Roundhouse
- 18) Double Shuto Block- Strike
- 19) Spinning Back Kick
- 20) Travis No Roll
- 21) Iron Broom
- 22) Wanshu Throw A, B, C

SPARRING COMBINATIONS

These sparring combinations are your own to create. They should: 1) Be legal sparring techniques, 2) Have some sort of strategy to them, and 3) Be usable. You should be prepared to demonstrate and teach these techniques during your examination.

Three Hand Combinations – Each sparring combination must use three hand techniques.

1) _____

2) _____

3) _____

Three Foot Combinations – Each sparring combination must use three foot techniques.

1) _____

2) _____

3) _____

Three Hand/Foot Combinations – Each sparring combination must use three techniques with at least one hand and at least one foot technique.

1) _____

2) _____

3) _____

BLACK BELT PAPER

Each Black Belt Candidate is required to write a short paper, 2-3 pages. Your paper should capture an in-depth review of the impact your training has had in your life at home, work and school. Please consider your progression starting with your motivation that helped you start your journey and how over time you have grown physically, mentally and emotionally (mind, body and spirit) taking you to this present graduation day. Please include your vision of how you will apply what you have learned going forward in your training and in your life. This is your story of your journey and you should illustrate with specific examples that reinforce and convey to the reader some reflection of your rich experience.

It is traditional to present a special form (kata) and dedicate that form to those that helped and supported you in this special achievement on earning your black belt. You are welcome to and it is recommended that you present a draft to Sensei as a preview and to get input that may help you. Your presentation generally will be presented toward the end of your test and graduation.

Let me be the first to say on behalf of all the black belts of the American Shorin-ryu Karate Association who have also made this same journey of black belt and beyond a sincere and heartfelt welcome to your soon joining a remarkable, exclusive and dedicated group of black belt members within the membership circle, the "inner circle," the **Doshikai** of fellow black belts.

NOTES

Family Martial Arts Academy

8618 SW Hall Blvd.

Beaverton, Oregon 97008

503-977-3300

Visit us on the web at:

www.tigardmartialarts.com

www.facebook.com/familymartialartsacademy

www.aska-karate.org