



# 1<sup>st</sup> Degree Black Belt Application

## Instructions:

- Complete and submit the entire Black Belt Application. Application must be professional and typed (no handwritten applications accepted)
- Enclose in a ½ inch 3-ring binder with page protectors

## Title Page:

- Name, Title, 8x10" color photograph of you

## Student History:

Name  
 Address  
 Father's Name, Mother's Name  
 D.O.B., Age Now, Age when you began Tan Ren Do Karate  
 Height & Weight  
 Occupation, How long  
 Employer/School

**On a 1 to 10 scale with 10 being the best, rate yourself on the following before Tan Ren Do Karate and now:**

1. My Physical Condition:	Before:	Now:
2. My Stamina:	Before:	Now:
3. My Reflexes:	Before:	Now:
4. My Agility:	Before:	Now:
5. My Weight to Height Proportion:	Before:	Now:
6. My Co-ordination:	Before:	Now:
7. My Confidence:	Before:	Now:
8. My Self-Esteem:	Before:	Now:
9. My Aggressiveness:	Before:	Now:
10. My Hostility Level:	Before:	Now:
11. My Social Ability:	Before:	Now:
12. My Attitude Toward Authority:	Before:	Now:
13. My Inner-Discipline:	Before:	Now:
14. My Patience:	Before:	Now:
15. My Ability to Communicate:	Before:	Now:
16. My Respect for Others:	Before:	Now:
17. My Competitiveness:	Before:	Now:
18. My Scholastic or Job Performance:	Before:	Now:
19. My Personal Relationships:	Before:	Now:
20. My Family Relationships:	Before:	Now:
21. My Professional Relationships:	Before:	Now:
22. My Concern for Others	Before:	Now:
23. My Attitude Toward Challenges:	Before:	Now:
24. My Ability to Focus Thoughts:	Before:	Now:
25. My Feelings of Oneness of Mind, Body, and Spirit:	Before:	Now:

**Short Answer Questions:** These should be answered with a complete response. Fully explain your thoughts and reasoning. 1 or 2 sentence answers will not be accepted.

1. Who most influenced you to continue your training and why?
2. Why did you choose to train in Tan Ren Do Karate?
3. What about Tan Ren Do Karate appeals to you the most?
4. What about Tan Ren Do Karate appeals to you the least?
5. Do you plan on continuing your training through the Dan levels? And if so, why?
6. What are your plans/hopes for the future?
7. What have you or are you doing to prepare for that future?
8. If Tan Ren Do Karate (or Cory's Karate) is not a part of your future plans, how do you feel that it may assist you in achieving them?
9. Who do you consider a role-model and why?
10. What is the most significant benefit you feel that you have received from your training?

**Essay Questions:** These questions should be answered in essay format. Minimum of a single spaced 1 page essay (12 pt font) that is well reasoned is expected for each question. Choose 3.

1. Give a brief history of the beginnings of martial arts. This should include some examples of martial arts styles and how they differ from one another.
2. Why I have chosen to test for 1<sup>st</sup> degree black belt and what I want to accomplish in my demonstration to the testing board.
3. Weapon Essay. Include a brief history, uses, and description of your creative weapon.
4. Compare Tan Ren Do Karate to 3 other major martial arts styles. Include a discussion of philosophy, history, and technique.

**Supplemental Essays:**

You may include the originals as written – or reword/rewrite these.

- Brown Belt: What does it mean to be a Sensei?
- Red Stripe: What do you like most about karate?
- Red Belt: What are your plans for obtaining your black belt?

**Dojang Contributions:**

- Outline the contributions you have made to our Dojo. Be specific. Valid contributions include teaching times, motivation methods and participation. List how many classes you attend, assist in and lead weekly.

**Tournament History:**

- Include a tournament history listing: Tournament Name, Date, Entered Events, Awards

**Belt Rank History:**

- Include a belt rank history listing belt rank promotion dates

**Grade Report:**

- Include a grade report(s) from the time you entered the Black Belt Club to the present

**Letter of Recommendation**

- Include a formal letter of recommendation from a Sensei, teacher, or employer. The letter should include their relationship to you and why they would support you becoming a Tan Ren Do Black Belt. Address the letter to Sensei Cory Fisher.

Brown Belt: What does it mean to be a Sensei?

Red Stripe: What are your plans for obtaining your black belt?

Red: How are you giving back or representing Tan Ren Do Karate in a positive way?