

**Test Candidate Timeline
(Candidates For Black Belt)**

Candidate Name: _____

Test Date: _____

Date Due	Approx Time Prior to Test	Task
	5 months	Begin developing BB Demo
	4 months	Show demo to higher ranking Sensei or Master
	4 months	Discuss board breaking options with instructor, begin practicing w/ targets, get boards
	3 months	Practice board breaking in 2 directions
	2.5 months	Show updated demo (should be almost final version, only small tweaks required)
	2.5 months	Size and order black belt (ask Senseis for options)
	2 months	Practice board breaking in other 2 directions
	2 months	Mock test w/ another Sensei to identify weaknesses (use test form for comments)
	2 months	Perform demo in front of class
	2 months	Submit first draft of paper to instructor
	1.5 months	Revised paper due to instructor and HoS
	1 month	<ol style="list-style-type: none"> 1. Final paper due to test instructors 2. Black Belt Info and Test forms submitted (forms on MySite or IATC website) 3. Black Belt Test Fee (\$100) paid online (MySite)

	1 month	Board breaking video at dojo completed and submitted to Sensei Smack (if testing at IATC, otherwise board breaking will be done during Regional test)
	2 - 3 weeks	Written Test
	2 - 3 weeks	Perform demo and katas in front of class
	2 - 3 weeks	Finalize public speaking, practice in front of dojo (no more than 2 - 3 minutes)
	0	TEST DAY!

Pull back and pace yourself the last 2 weeks of training! Don't get injured and focus on visualization of techniques, katas, demo, etc. You want to shine that day, so peaking too soon could be a problem. Learn to enjoy and embrace the process of getting to the next rank. You will want to be the fittest you have ever been. Eating right, sleeping enough, staying focused and determined are all important factors in training. Nourish your mind, body and spirit!

Remember: Vision without action is a dream soon forgotten!