

# Fusion Martial Arts

## Black Belt Test



2014

Knowledge Base

This is a general study guide for the written portion of your Black Belt or Advanced Degree test. Most, if not all, of this material will be on your test unless otherwise noted. In addition to this material, there may be additional questions based on events of the 2014 testing year and the people associated with your training. Be prepared! Take Notes! Ask Questions!

***KNOW YOUR ACADEMY***

**What is the name and phone number of your martial arts studio?**

*Aim High Academy of Martial Arts 503-640-8628*

**In what year was Aim High founded? By whom?**

*Founded by BKJN Danny Sikkens, Aim High officially started in September of 2005 and became a non-profit in 2009.*

**How did Aim High get its name?**

*In 1986 KJN (then SBN) Tom Callos wrote on a picture to a young student. Later that student would use the words from that picture to name Aim High. KJN Tom wrote, 'Dear Danny, Aim High and Never, Never Give Up!' ... and in 2005 when Danny Sikkens found himself with a group of young martial artist wanting to compete they needed to name the school, and by that picture the school was named.*

**In what ways is Aim High different than other martial arts schools?**

- Aim High is a non-profit 501(c)3 company*
- Aim High has a board of directors*
- There is heavy emphasis on Leadership*
- Aim High offers classes in many different styles*
- Aim High has background checks on all staff and volunteers over 18yrs.*
- Aim High offers careers for the staff it hirers, not just part time jobs.*
- Aim High was recognized 3 times by Oregon Business 100 Best in 2012 for over all, nonprofit and green companies.*
- Aim High has given over 1 million dollars in community philanthropy since 2009.*
- Aim High is one of very few schools that offers an 'intelligent' curriculum*

**Aim High offers a diverse selection of classes and styles. How many can you name?**

- Mixed Martial Arts*
- Taekwondo*
- Brazilian Jiu Jitsu*
- Jeet Kune Do*
- Kenpo*
- Tricking*
- Escrima*
- Muay Thai Kickboxing*
- Warriors – a unique program developed by Aim High for kids 3-7 years old*
- Adults and kids with special needs*
- The list is still growing!*

**Who are Aim High's senior instructors?**

- KJN Jeremy Smith – 5<sup>th</sup> degree black belt - began training in 1990
- BKJN Dan Sikkens – 4<sup>th</sup> degree black belt – began training in 1986
- Master Jim Null – 7<sup>th</sup> degree black belt – began training in 1988
- BSBN John Wright – 2<sup>nd</sup> degree black belt – 10 years experience
- Master Ron Schubert – 6<sup>th</sup> degree black belt – began training in 1980
- Master Nick McWilliams – 5<sup>th</sup> degree black belt – began training in 1997
- Master Tom Caldwell – 4<sup>th</sup> degree black belt – began training in 1997

**Aim High is modeled after the Ultimate Black Belt Test. Who founded the UBBT and what do we know about him?**

*KJN Tom Callos. Beginning his training in 1969, he earned his 6<sup>th</sup> degree black belt under Master Ernie Reyes in 1995. Both BKJN Dan and KJN Jeremy began their training at his studio in Reno. He now leads an association of martial arts teachers called The 100 and mentors members on taking their martial arts 'out of the dojo and into the world.' Aim High is used as a model school for the 100 and Dan Sikkens is honored with being an advisor for the 100. Both Kjn Jeremy and Bkjin Dan tested under Kjn Tom Callos in the 100 for their current rank. Learn more about the 100 at [www.tomcallos.com](http://www.tomcallos.com)*

**What's your story?**

Each student has their own reasons for training. Over the years those reasons are refined and clarified into a personal mission that both affects and is affected by those around them. Use the space provided to explain what you gain from training with Aim High. What are some of the reasons you began training? What do you contribute to the Aim High community? How will you continue to develop your skills? How will you help others?

*A BREAKDOWN OF THE KANJI*

**What is Mu-Do and the meaning our Hanja/Kanji?**

*Mu-Do, means MARTIAL or WARRIOR WAY. The Hanja (Korean) or Kanji (Japanese) that Aim High uses in our logo depicts the word MU (Warrior). A true warrior is one who uses strength, skills, compassion, and knowledge to protect themselves and others from danger.*



This segment represents “Danger”. The brush strokes are an Axe that is falling, depicting danger that is coming toward you.



This segment represents those that cannot defend themselves from danger. The brush strokes show a person who has fallen and is laying in a dangerous position.



This segment represents “Warrior”. The brush strokes depict the warrior that stands in the face of danger, protecting those that cannot protect themselves.



The Aim High Hanja/Kanji as a whole represents how all of us should be vigilant to defend others (and ourselves) from danger no matter if we are in the dojang or out in the world in our daily lives.

The ‘box’ around the Kanji is used to honor the school where Bkjin Dan received the majority of his color belt training, Freestyle Martial Arts in Reno. This box is the same box used as Freestyle’s ‘signature’ on their materials.

***ETHOS TESTING THEME***

The theme of the 2014 Black Belt test is Ethos.

By definition, ethos is a Greek word meaning “character” and is used to describe the guiding beliefs or ideals that characterize a community, nation, or ideology. Aim High and its staff are dedicated to upholding the core values that define us as martial artists, such as respect, honor, commitment, integrity, just to name a few.

Our curriculum is always changing, developing, and being designed for use in today’s world, thanks to these guiding beliefs.

*MARTIAL ARTS FROM AROUND THE WORLD*



Country: United States of America  
Style: Western Boxing  
Our focus: Attacking and defending with the hands



Country: South Korea  
Style: Taekwondo/Tang Soo Do  
Our focus: Basic and advanced kicking, footwork



Country: Thailand  
Style: Muay Thai  
Our focus: Thai kicking, knees and elbows, footwork



Country: Philippines  
Style: Arnis/Eskrima/Kali  
Our focus: Stick fighting, blocking, trapping, attacking



Country: Brazil  
Style: Brazilian Jiu Jitsu/Capoeira  
Our focus: Escaping positions on the ground, submissions



Country: Japan  
Style: Karate/Judo/Jiu Jitsu  
Our focus: Striking, defending, forms

**What is martial arts to you?**

*Student's own answer-be able to identify that martial arts is more than simply kicking and punching, but a way of life. What lifestyle does a true martial artist practice? (Use this space to write out your answer and study it, and it better be good! If you have any concern on what 'good' means, ask. You are responsible for your test. )*

***GENERAL KNOWLEDGE***

**What does attention position teach?**

*Focus – the ability to control your body. As in meditation, focusing is the main skill needed to develop over-all.*

**What are the 3 rules of focus?**

*Focus your eyes – Pay attention to what you are learning*

*Focus your mind – Be mindful and in the moment*

*Focus your body – Maintain good posture and positive body language*

**What is the purpose of the bow?**

*It is a sign of respect. As martial artists, we bow to one another as a respectful greeting and to the area that we train.*

**What is self discipline?**

*Doing things without being told.*

**What is integrity?**

*Always doing what you know is right, even when no one is looking.*

**What is synergy?**

*A dynamic state where combined action is favored over individual effort.  
Creative cooperation*

**What are the 5 steps of personal safety?**

*1-Use your mind*

*2-Use your words*

*3-Use your legs*

*4-Ask for help*

*5-Defend yourself*

**What is empathy?**

*The ability to recognize emotions that are being experienced by others.*

**What does it mean to be courteous?**

*Being polite, having good manners and consideration for others.*

**What is your personal power?**

*Taking massive action now! Taking action is power.*

**What is state management?**

*Controlling the way you feel, act, behave, and perform. There are two things that effect your state of being, your physiology and your mental interpretations; in other words, your body and mind. Change the way you think and you will change the way you feel immediately.*

**What does it mean to have an indomitable spirit?**

*To develop ourselves to Aim High and to never, never give up or quit no matter what may stand in our way. To set and follow through with our goals.*

**What is the power of intention?**

*You must be what it is you are searching for. If you want to be a blackbelt, act like it now. If you want to be given respect, do things that deserve respect. If you want to be an A student, do those things that is needed to be that A student. Be what it is you intend to be. Yoda said it well when he said 'do or do not, there is no try.' – if you're unhappy with something change your attitude and see how things align to give you that, in which you wish to intend, or be.*

**What are the 2 keys to becoming a black belt?**

*Positive mental attitude - Intense burning desire to succeed*

**What are the 5 P's?**

*Proper Planning Prevents Poor Performance*

**What does it mean to give 110%?**

*Going beyond your limits in whatever you are doing.*

**What is giving value?**

*Helping those around you without expecting anything in return.*

**How can we give value and energy?**

*Clapping, cheering for your teammates, giving high 5's – giving positive words of encouragement.*

**What does each letter of the acronym 'TEAM' stand for?**

*Together Everyone Accomplishes More*

**What is C.A.N.I.?**

*Constant And Never-ending Improvement.*

- Who coined the term 'CANI'? – Anthony Robins
  - o Who is Anthony Robins? A Motivational Speaker who talks to people about developing a positive, strong, well round mental attitude and habits.

**What is an affirmation?**

*A declaration that something is true. For Aim High, it is a statement that is true and inspirational to you.*

**What is the Aim High Success System?**

- 1-set a goal*
- 2-take action*
- 3-pay attention to detail*
- 4-change if not working*
- 5-practice, practice, practice*
- 6-these steps will lead to mastery*

**How fast can we change?**

*That fast! It's amazing how your focus may change with a shift in attitude!*

**What does it mean to be 'in the zone'?**

*Getting completely focused on your goal and committing to the challenge.*

**The purpose of Aim High Academy of Martial Arts is to?**

*Develop ourselves physically, mentally, spiritually, with good character!*

**What do you do if attacked by a person with a knife or gun?**

*Give them what they want, get away if possible, don't go anywhere with them.*

**What does it mean to eat like a champion? Like a black belt?**

*Eating things that are good for your body in 5 small meals per day. These foods can be fruits, veggies, beans, seeds, nuts, whole grains and water. Understand that what we feed ourselves is who we are and will affect our state of being.*

**Why is a positive attitude part of martial arts?**

*(Write out your answer and study it)*

**Are you ready for your Black Belt? Advanced degree? What do you plan on doing with your next rank?**

*(Write out your answer and study it)*

**Why does being a martial artist set you apart from others at school and in your peer group?**

*(Write out your answer and study it)*



**Memorize 'Attitude' by Charles Swindoll (*all testers*)**

The longer I live, the more I realize the impact of attitude on life.

Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness or skill. It will make or break a company... a church... a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it.

And so it is with you... we are in charge of our attitudes.

**Read 'Mastery' by Stewart Emery (*advanced degree testers*)**

MASTERY in one's career and consciousness growth simply requires that we constantly produce results beyond and out of the ordinary. Mastery is a product of consistently going beyond our limits. For most people, it starts with technical excellence in a chosen field and a commitment to that excellence. If you are willing to commit yourself to excellence, to surround yourself with things that represent this and miracles, your life will change. (When we speak of miracles, we speak of events or experiences in the real world, which are beyond the ordinary).

It's remarkable how much mediocrity we live with, surrounding ourselves with daily reminders that the average is the acceptable. Our world suffers from terminal normality. Take a moment to assess all of the things around you that promote your being "average." These are the things that keep you powerless to go beyond a "limit" you arbitrarily set for yourself. The first step to mastery is the removal of everything in your environment that represents mediocrity, removing those things that are limiting. One way is to surround yourself with friends who ask more of you than you do. Didn't some of your best teachers, coaches, parents, etc.?

Another step on the path to mastery is the removal of resentment toward masters. Develop compassion for yourself so that you can be in the presence of masters and grow from the experience. Rather than comparing yourself and resenting people who have mastery, remain open and receptive; let the experience be like the planting of a seed within you that, with nourishment, will grow into your own individual mastery.

You see, we are all ordinary. But a master, rather than condemning himself for his "ordinariness," will embrace and use it as a foundation for building the extraordinary. Rather than using it as an excuse for inactivity, he will use it as a vehicle for correcting, which is essential in the process of attaining mastery. You must be able to correct yourself without invalidating or condemning yourself, to accept results and improve upon them. Correct, don't protect. Correction is essential to power and mastery.