

GMAU
GENERALIZED RANKING &
BLACK BELT REQUIREMENTS

GMAU PRESS



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Black Belt Ranking Guidelines

1st Degree Black Belt

Traditional color of belt: Black belt (for provisional level, the belt would have a six inch swath of white cloth at one end of the belt or a black belt with a white strip running the entire length of the belt). Timing: Minimum of 3 years in the martial arts
Fee: \$25 (payable to GMAU)

Sho Dan Ho (Provisional Black): Due to the degree of significance associated with the black belt (a recognition of manhood in the martial arts), the custom will be to issue a temporary black belt level, which will expire after one year. If, after that year, the student continues to demonstrate the balanced maturity expected of Sho Dan, then the GMAU will issue a permanent black belt.

Permanent Black Belt: To move from provisional to permanent black belt, the student would undergo the identical physical exam, and would also be expected to complete the MARI000 (Survey of the Martial Arts) correspondence course from the College of Christian Martial Arts (to be submitted to the chairman of the exam board at least two months prior to the physical examination.) It is strongly recommended that a permanent black belt not be issued to any person below the age of 16. This allows them to reach a certain level of spiritual, mental and physical maturity in addition to having adequate live-experiences prior to being awarded the black belt in a Christian martial arts.

Spiritual

- An ability to rationally counter a series of 24 standard arguments that one would expect to get when attempting to lead a person to Christ or to help them live a life more pleasing to the Lord. (see Appendix B) demonstrated capability to teach at least 2 standard soul winning techniques to other students (i.e., Wordless Book, Romans Road, 4 Spiritual Laws, Evangelism Explosion, ...)
- Evidence of at least 40 soul winning / outreach experiences on behalf of member's local church
- Ability to quote a specified 82 Bible verses (see Appendix A)
- Written character reference from a school teacher, from a school administrator and your church pastor (adults would substitute business associates and an employer for the school references)
- A member of a local theologically conservative church

Mental

- Have a personal martial arts library consisting of at least 3 books. Provide an abstract summary of each of the books.
- Participation in at least 10 martial arts demonstrations
- A 75% grade on a 1-hour written exam covering history of the martial arts, the Christian philosophy of the arts, first aid, class organization, teaching techniques, bodily physics, organization of the martial arts and legal aspects of teaching the martial arts (for those shihan authorized to administer this exam a set of questions is available from GMAU headquarters).

- A term paper addressing a Biblical response to the three common objections to a Christian being involved in the Martial Arts (see Appendix C)
- Two academic papers on subjects pertinent to the martial arts and the Christian. (see Appendix D for recommended subjects and lengths of academic papers for each of the black belt levels)

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Physical

Korean Styles (Style Head - Dr. Charles Owens)

- Identify and demonstrate at least 15 Striking points on the arms and 7 on the legs (a Striking point is a portion of your body which you can utilize to strike an opponent) Demonstrate 25 unique one-step fighting patterns utilizing combinations in counterattacking
- Demonstrate five one-step fighting techniques utilizing joint-locks to takedown
- Demonstrate at least ten three-step fighting techniques; utilizing kicks as counterattacks and showing techniques against kicks
- Demonstrate neck-breaking; arm-breaking and knee-breaking techniques
- Demonstrate the seven "death-blows" in one-step fighting
- Explain the "meridian theory"
- Show all 36 vital areas of the body & how to strike
- Advanced Sparring Demonstration against multiple opponents
- Advanced Breaking Demonstration (multiple boards, stacked boards, concrete, jumping over objects)
- Perform & apply 12 Korean Based poomse (Forms). This should include basic, intermediate and advanced forms.
- Demonstrate self-defense against frontal and rear attack; against hair-grab; against frontal bear hug; against rear bear hug; against wrist seize; against tackle-attempt; against clothing seizure; against choking/strangulation; and against weapons

Japanese/Okinawan Hard Styles (Style Head - Sake Stephen Jones)

- Documentation: A copy of the Sho Dan. Requirements for the students particular Ryu or style to be submitted with item II below.
- Katas: at least eight to ten or as required by the students particular Ryu done expertly. Also the student must be able to demonstrate and explain the technique in them.
- One-steps or self defense sets: As per requirement of the students particular Ryu. Student must be able to demonstrate and explain them expertly.
- Targets: nerve centers and release technique. As per requirement of the students particular Ryu must be able to demonstrate and explain in detail.
- Breaking: Student should have the ability to break a single board with several different hand and foot techniques or two boards with two different hand and foot techniques or three boards with a foot technique or as required by the students particular Ryu.

- Sparring: Student must show skill and control in both offence and defense in one match against an equal or higher rank and one match against two equal or lower ranks or as required by the students particular Ryu.
- All others requirements of the students Ryu and anything deemed necessary by the examiner and testing board including GMAU verbal information and memorization.

Japanese Soft Styles (Style Head - Sensei Mark Horton)

With the extreme difference between Japanese soft styles and hard styles, requirements will focus less on hard core physical exercises and more on Balance, Blending, Breathing, Quickness, and Control.

- Ukemi - (taking break fall) must be to the level of their throwing ability
- Proper stretching of appropriate areas of the body to prevent injuries
- Proper understanding of 13 parts of the Human body that can be used as a weapon and how manipulation of these areas in a controlled manner can subdue an attacker
- Ability to use Aiki to negate an attacker without using locking or throwing techniques and explain how they are able to accomplish this.
- Performance of all technique in Daitoryu Jujitsu style (using atemi striking to stun or distract attacker before using technique).
- Tanto dori techniques
- Perform all techniques Gokyu through Shodan

Chinese Styles (Style Head - Dr. Michael McClure)

A mastery of such forms and techniques as would be required in one's own course of study below this rank.

- It is assumed, in general, that the student at this level would know and be able to perform a minimum of 10 forms (kuen, hyung, kata). These may include but will not be required to include weapons forms. It must be noted here that some Chinese styles (such as various interpretations of Wing Chun and Tai Chi Chuan) have only one to three forms in their entire curriculum. In such cases a mastery of these forms should be demonstrated. This would include not only the ability to perform at a level representative of years of study but also knowledge of the interpretation of the forms).
- At least one weapons form should be demonstrated included with or separate from those indicated in #1 above.
- The candidate should be able to demonstrate at least 70 self-defense techniques or responses to attacks. These may be separate techniques or may be taken from application of the forms mentioned in #1 & #2 above.
- Sparring at this level should show a command of the techniques the candidate has learned to the extent that they may be used with a child who is a beginning student or against an adult in a life or death situation with all levels of difference and control clearly evidenced. The candidate must be able to teach without

injuring his or her students while also being able to defeat a real opponent should the necessity arise.

- A demonstrated knowledge of at least a general history of Chinese martial arts.

Judo (Style Head - Senseis Allen and Karen Sapp)

Throwing techniques (Nage Waza): The following throws must be done. Any 6 of the throws must be performed on both left and right sides.

1. DE ASHI HARAI (ADVANCED FOOT SWEEP)
2. HIZA GURUMA (KNEE WHEEL)
3. SASAE TSURI KOMI ASHI (SUPPORTING LIFT-PULL FOOT)
4. UKI GOSHI (FLOATING HIP)
5. O SOTO GARI (MAJOR OUTER REAP)
6. O GOSHI (MAJOR HIP)
7. O UCHI GARI (MAJOR INNER REAP)
8. SEOI NAGE (IPPON AND MOROTE) SHOULDER THROW (ONE AND TWO ARM)
9. KO SOTO GARI (MINOR OUTER REAP)
10. KO UCHI GARI (MINOR INNER REAP)
11. KOSHI GURUMA (HIP WHEEL)
12. TSURI KOMI GOSHI (LIFTING PULLING HIP)
13. OKURI ASHI HARAI (ASSISTING "DOUBLE" FOOT SWEEP)
14. TAI OTOSHI (BODY DROP)
15. HARAI GOSHI (SWEEPING HIP)
16. UCHI MATA (INNER THIGH)
17. KO SOTO GAKE (MINOR OUTER DASH)
18. TSURI GOSHI (LIFTING HIP)
19. YOKO OTOSHI (SIDE DROP)
20. ASHI GURUMA (FOOT WHEEL)
21. HANE GOSHI (SPRINGING HIP)
22. HARAI TSURI KOMI ASHI (SWEEPING LIFTING PULLING FOOT)
23. TOMOE NAGE (CIRCLE THROW)
24. KATA GURUMA (SHOULDER WHEEL)
25. SUMI GAESHI (CORNER REVERSAL)
26. TANI OTOSHI (VALLEY DROP)
27. HANE MAKI KOMI (SPRINGING WINDING BODY WRAP)
28. SUKUI NAGE (SCOOPING THROW)
29. UTSURI GOSHI (TRANSFER "CHANGING" HIP)
30. O GURUMA (MAJOR WHEEL)

Holding Techniques (Osaekomi Waza)

1. KESA GAT AME (SCARF HOLD)
2. YOKO SHIHO GATAME (SIDE CORNER HOLD)
3. KAMI SHIHO GATAME (UPPER FOUR CORNER HOLD)
4. USHIRO KESA GAT AME (REVERSE SCARF HOLD)

5. TATE SHIHO GATAME (STRADDLING HOLD)
6. KATA GATAME (SHOULDER HOLD)

Strangulation Techniques (Shime Waza)

1. HADAKA JIME (NAKED HAND CHOKE)
2. OKURI ERI JIME (SLIDING LAPEL CHOKE)
3. KATA HA JIME (SINGLE WING CHOKE)
4. NAMI JUJI JIME (NORMAL CROSS CHOKE)
5. GY AKU JUJI JIME (REVERSE CROSS CHOKE)
6. KAT A JUJI JIME (HALF CROSS CHOKE)
7. TSUKKOMI JIME (THRUST CHOKE)
8. SANKAKU JIME (TRIANGULAR CHOKE)

Joint Locking Techniques (Kansetsu Waza)

1. JUJI GA TAME (CROSS ARM LOCK)
2. UDE GARAMI (BENT ARM LOCK, UP VARIATION)
3. UDE GARAMI (BENT ARM LOCK, DOWN VARIATION)
4. WAKI GATAME (ARM-PIT ARM LOCK)
5. UDE GATAME (STRAIGHT ARM LOCK)

Escapes from Matt work Attacks (Fuseigi)

Escapes from Kesa Gatame (Scarf Hold)

1. BRIDGE AND ROLL ESCAPE
2. UPHILL TURN ESCAPE
3. LEG ENTANGLING ESCAPE
4. SIT UP ESCAPE
5. SHOOT OUT/ LEGS OVER ESCAPE

Escapes from Yoko Shiho Gatame (Side Corner Hold)

1. BRIDGE AND ROLL ESCAPE
2. UPHILL TURN ESCAPE
3. LEG ENTANGLING LEG ESCAPE
4. LEG HOOKING HEAD ESCAPE
5. OTHER

Escapes from Kami Shiho Gatame (Upper Four Corner Hold)

1. SINGLE ROLL ESCAPE
2. DOUBLE BRIDGE AND ROLL ESCAPE
3. DOUBLE ARM ESCAPE
4. LEGS OVER ESCAPE

5. PRESS OUT ESCAPE

Escapes from Misc. Matt work Attacks

1. ESCAPE AGAINST REAR CHOKES.
2. ESCAPE AGAINST FRONT CHOKES.
3. LEGS OVER ESCAPE FROM KATA GATAME (SHOULDER HOLD).
4. LEG OUT EXCAPE FROM TATE SHIRO GATAME (STRADDLING HOLD).
5. ESCAPE AGAINST JUJI GATAME (CROSS ARM LOCK).

Prearranged Forms (Kata)

You must be able to demonstration both Uki (Defender) and Tori (Attacker) in Nage No Kata (Forms of Throwing)

Miscellaneous Techniques

1. MA UKEMI (BACK FALL)
2. YOKO UKEMI (LEFT AND RIGHT SIDE FALLS)
3. MAE UKEMI (FRONT FALL)
4. ZEMPO KAITEN UKEMI (LEFT AND RIGHT FRONT ROLLING FALLS)
5. ZA REI (KNEELING BOW)
6. RITSU REI (STANDING BOW)
7. SEIZA (SITTING ON KNEES AND FEET)
8. ANZA (SITTING CROSSED LEGGED)
9. PROPER TYING OF BELT
10. PROPER FOLDING OF UNIFORM
11. A YUMI ASHI (NORMAL W ALKING)
12. TSUGI ASHI (FOLLOWING FOOT W ALKING)
13. SHIZEN HON TAI (BASIC NATURAL POSTURE)
14. JIGO HON TAI (BASIC DEFENSNE POSTURE)
15. HAPPO NO KUZUSHI (FORMS OF OFF BALANCE)
16. TAI SABAKI (BODY PNOTING, BOTH LEFT AND RIGHT, 90 AND 180 DEGREE TURNS)

Vocabulary

1. ATTENTION! - KIYOTSUKE!
2. BOW- REI
3. BEGIN- HAJIME
4. STOP- MATTE
5. PRACTICE HALL- DOJO
6. TEACHER- SENSEI
7. JUDO UNIFORM- JUDO GI
8. JUDO PLA YER- JUDOKA
9. FREE PRACTICE- RANDORI

10. LEFT- HIDARI
11. RIGHT- MIGI
12. YES- HAI
13. NO- Iie
14. PLEASE- ONEGAI SHIMASU
15. THANK YOU- DOMO ARIGATO
16. DON'T MOVE- SONO MAMA
17. CONTINUE- YOSHI
18. HAND- TE
19. COUNTING 1-10: ICHI, NI, SAN, SHI, GO, ROKU, SHICHI, HACHI, KU, JU.
20. REPETITION ATTACK PRACTICE WITHOUT THROWING, DONE WITH PARTNER- UCHI KOMI
21. SOLO PRACTICE- TANDOKU RENSU
22. BELT - OBI
23. JACKET- UWAGI
24. PANTS- ZUBON
25. SLEEVE- SODE
26. LAPEL- ERI
27. I SURRENDER- MAITTA

History and Terminology

1. WHO WAS THE FOUNDER OF JUDO? DR. JIGORO KANO
2. WHAT IS THE NAME OF THE SCHOOL HE FOUNDED? THE KODOKAN.
3. WHAT IS THE DATE OF THE FOUNDING OF JUDO? 1882.
4. WHAT WAS UNARMED COMBAT CALLED IN JAPAN BEFORE JUDO? JU JITSU
5. HOW LONG HAD UNARMED COMBAT MARTIAL ARTS BEEN PRACTICED IN JAPAN? 600-1000 YEARS.
6. WHAT ARE THE THREE PARTS OF UNARMED COMBAT?
 - a. THROWING TECHNIQUES (NAGE WAZA)
 - b. GRAPPLING TECHNIQUES (KATAME WAZA)
 - c. STRIKING TECHNIQUES (A TEMI W AZA).
7. WHAT ARE THE THREE PARTS OF A JUDO THROW:
 - a. OFF BALANCE (KUZUSHI)
 - b. ENTRY (TSUKURI)
 - c. COMPLETION (KAKE).
8. WHAT ARE THE TWO DIVISIONS OF THROWING TECHNIQUES?
 - a. STANDING TECHNIQUES (T ACHI W AZA)
 - b. SACRIFICING TECHNIQUES (SUTEMI W AZA).
9. WHAT ARE THE THREE DIVISIONS OF STANDING THROWING TECHNIQUES?
 - a. HAND TECHNIQUES (TE WAZA)
 - b. HIP TECHNIQUES (KOSHI W AZA)
 - c. FOOT AND LEG TECHNIQUES (ASHI W AZA).

10. WHAT ARE THE TWO DIVISIONS OF SACRIFICE THROWING TECHNIQUES?
 - a. BACK SACRIFICING TECHNIQUES (MA SUTEMI W AZA)
 - b. SIDE SACRIFICING TECHNIQUES (YOKO SUTEMI W AZA).
11. WHAT DOES THE WORD JUDO MEAN IN ENGLISH? THE GENTLE WAY.
12. WHAT IS THE PURPOSE OF JUDO FOR THE CHRISTIAN? TO USE AS A TOOL FOR THE HONOR AND GLORY OF CHRIST.

Freestyle/Ground & Full Contact (Style Head - Shidoshi Johnny Russell)

- Verified minimum of five years in active martial arts/science training.
- Eighteen years of age or older.
- Recommendation of two Nidan or higher instructors.
- Competition in five state or national level tournaments as a brown belt.
- Completion of a one-hour physical fitness exam (details will be given one-week prior to actual exam).
- Demonstration of complete martial arts style including short and long forms.
- Demonstration of point-sparring, ground fighting, and full-contact skill utilizing an uke.

Black Belt Ranking Guidelines

2nd Degree Black Belt

Traditional color of belt: Black belt with two gold tips.

Timing: Minimum of 5 years in the martial arts and 2 years as a 1st degree black belt Fee: \$30 (payable to GMAU)

Spiritual

- Have completed at least one year of service in your local church ministries (bus worker, children's
- Church worker, youth leader, Sunday school teacher, ...)
- Evidence of at least 80 soul winning / outreach visits on behalf of your local church.
- Ability to quote a specified 110 bible verses (see appendix a)
- Written character reference from a school teacher, from a school administrator, from a 3rd degree black belt in a school other than your own and from your pastor. For adults, the school references are replaced by business associates/employers.
- A member of a local theologically conservative church

Mental

- Have a personal martial arts library consisting of at least 6 books. Provide an abstract summary of each of the books.
- Participation in at least 20 martial arts demonstrations (two of which you personally conducted)
- An 80% grade on a 1 1/2 hour written exam covering history of the martial arts, the Christian philosophy of the arts, first aid, class organization, discipline, teaching techniques, bodily physics, organization of the martial arts, legal aspects of teaching the martial arts and duties of the assistant sensei and dai sensei (for those shihan authorized to administer this exam, a set of questions is available from GMAU headquarters).
- Two academic papers on subjects pertinent to the martial arts and the Christian (see appendix d For recommended subjects and lengths of academic papers for each of the black belt levels)
- A year of active teaching experience in a martial arts school
- Mental stability to handle unexpected situations (to be demonstrated in the physical exam)
- Completion of the MAR2000 (the history of the martial arts)) correspondence course from the college of Christian martial arts (to be submitted to the chairman of the exam board at least two months prior to the physical examination).

Physical

Korean Styles

- Explain the meridian theory and show at least three of the meridians explaining how these are utilized in the Korean arts
- Perform & Apply fourteen Korean forms (four of which would be Black belt level)
- Give an exhibition worthy of rank
- Japanese/Okinawan Hard Styles
- Documentation: Proof of rank and a copy of the Ni Dan. Requirements for the students particular Ryu or style to be submitted with item II below.
- GMAU requirements: Character references, academic papers, and a list of the students personal martial art library along with item I above should be submitted to the chief examiner at least four weeks prior to testing.
- Katas: at least ten to twelve or as required by the students particular Ryu done expertly. Also the student must be able to demonstrate and explain the technique in them.
- One-steps or self defense sets: As per requirement of the students particular Ryu. Student must be able to demonstrate and explain them expertly.
- Targets: nerve centers and release technique. As per requirement of the students particular Ryu must be able to demonstrate and explain in detail.
- Breaking: Combinations break three stations two boards each, or two stations with three boards each, or a single station with either four boards or three concrete blocks. Or as required by students Ryu.
- Sparring: Student must show skill and control in both offence and defense, One and a half minutes against three Brown Belts or one and a half minutes against an equal or higher rank or as required by the students particular R yu.
- All others requirements of the students Ryu and anything deemed necessary by the examiner and testing board including GMAU verbal information and memorization.

Japanese Soft Styles

- Must be able to explain and perform foot movements and how they affect throws
- Ability to perform and explain joint locks and manipulation to accomplish throws and for neutralization of an attacker
- Ability to perform technique in Kokyu Tanden Ho
- Still concentrating on atemi when using technique but now more as a distraction without making contact before starting technique.
- Ability to perform all technique from Gokyu and also counter opponent's techniques
- Ability to do Randori with 2 attackers

Chinese Styles

- Demonstrated mastery of the material indicated at Level 1 (1st Degree Black)
- One additional empty hand form and one additional weapons form above those demonstrated at Level 1. In those systems with only 1 to 3 forms, improvement must be shown in the candidates' knowledge and performance of the form.
- A minimum of 75 self-defense techniques or combat applications from the candidate's forms).
- A demonstration of self-defense against multiple (2 to 4) attackers.
- A demonstrated knowledge of the principles (i.e. inertia, centrifugal force etc.) involved in the candidate's art.

Freestyle/Ground & Full Contact

- Verified minimum of seven years in active martial arts/science training.
- Twenty-one years of age or older.
- Recommendation of two Sandan or higher instructors.
- Competition in five state or national level tournaments as a black belt.
- Completion of a two-hour physical fitness exam (details will be given one-week prior to actual exam)
- Demonstration of complete martial arts style including short and long forms, self-defense techniques, and oral presentation of styles lineage and development.
- Demonstration of point-sparring, ground fighting, and full-contact skill utilizing an uke.

Black Belt Ranking Guidelines

3rd degree black belt

Traditional color of belt: Black belt with three gold tips.

Timing: Minimum of 8 years in the martial arts and three years as a 2nd degree black belt

Fee: \$35 (payable to GMAU)

Spiritual

- Have completed at least three years of service in your local church ministries (bus worker, children's church worker, youth leader, Sunday school teacher, ...)
- Evidence of at least 125 soul winning / outreach visits on behalf of your local church.
- Ability to quote a specified 150 Bible verses (see Appendix A)
- Written character references from a teacher, dean or school administrator, two shihan level martial artists, an employer and your local pastor
- A member of a local theologically conservative church

Mental

- Have a personal martial arts library consisting of at least 10 books. Provide an abstract summary of each of the books.
- Participation in at least 30 martial arts demonstrations (eight of which you personally conducted)
- An 80% grade on a 2 hour written exam covering history, of the martial arts, the Christian philosophy of the arts, first aid, class organization, discipline, teaching techniques, bodily physics, organization of the martial arts, legal aspects of teaching the martial arts, conducting clinics, teaching other sensei and duties of the assistant sensei and dai sensei (for those shihan authorized to administer this exam, a set of questions is available from GMAU headquarters).
- Two academic papers on subjects pertaining to the martial arts and the Christian (see appendix d for recommended subjects and lengths of academic papers for each of the black belt levels)
- Two years of active teaching experience in a martial arts school
- A minimum of 6 months as a dai-sensei with your own school
- A demonstrated temperament balance showing the ability to both love your students (as a father) and to demand discipline (as a father). A blend between a den mother and a drill sergeant.
- Participation as an instructor in at least two martial arts clinics (workshops)
- Completion of the mar3005 (the Christian sensei) correspondence course from the college of Christian martial arts (to be submitted to the chairman of the exam board at least two months prior to the physical examination).

Physical

Korean Styles

- Show all of the meridians & explaining how these are utilized in the Korean arts
- Perform & Apply seventeen Korean forms (seven of which would be Black belt level)
- Demonstrate the Korean arts in defense against a grappler

Japanese/Okinawan Hard Styles

- Documentation: Proof of rank and a copy of the San Dan. Requirements for the students particular Ryu or style to be submitted with item II below.
- GMAU requirements: Character references, academic papers, and a list of the students personal martial art library along with item I above should be submitted to the chief examiner at least four weeks prior to testing.
- Katas: at least twelve to fourteen or as required by the students particular Ryu done expertly. Also the student must be able to demonstrate and explain the technique in them.
- One-steps or self defense sets: As per requirement of the students particular Ryu. Student must be able to demonstrate and explain them expertly.
- Targets: nerve centers and release technique. As per requirement of the students particular Ryu must be able to demonstrate and explain in detail.
- Breaking: Combination break three stations three boards each or two stations with four boards. Or as required by students particular Ryu.
- Sparring: Student must show skill and control in both offence and defense, one and a half minutes with two Black Belts or at least one match with a higher rank or as required by the students particular Ryu.
- All others requirements of the students Ryu and anything deemed necessary by the examiner and testing board including GMAU verbal information and memorization.

Japanese Soft Styles

- Must be able to do Randori technique with 3 to 4 attackers
- Must use more Aiki timing and less atemi in technique
- With an Uke must be able to perform and Explain every technique in system communicating where damage can be done if attacker refuses to be controlled
- Ability to communicate and perform with Uke:
 - Centralization - Be stably centralized, inwardly and outwardly in lower
 - Extension - Being able to extend Ki through body
 - Leading Control- control attack by leading it
 - Principal of Spherical motion - all movements are done in spherical motion, vertically, horizontally and diagonally

Chinese Styles

- Mastery of all material under Levels 1 & 2 (1st and 2nd Degree Black)
- Ability to demonstrate knowledge of the use of at least three traditional Chinese weapons such as the Staff, Shire ken, Sword (plum sword, butterfly sword or tai chi sword), quando (halberd) etc.
- A demonstration of 85 to 90 self-defense techniques or combat applications from forms.
- A demonstration of a general knowledge of the human anatomy that could be used to aid one who is injured as well as to inflict pain and/or injury.
- A demonstration of energy flow and projection with fighting techniques.
- A greater knowledge of the principles upon which the candidate's style operates.
- A thorough knowledge of the history of the candidates own martial arts lineage (history of his or her style down to his or herself).

Freestyle/Ground & Full Contact

- Verified minimum of nine years in active martial arts/science training.
- Twenty-five years of age or older.
- Recommendation of two Yondan or higher instructors.
- Competition in five state or national level tournaments as a nidan.
- Completion of a three-hour physical fitness exam (details will be given one-week prior to actual exam).
- Demonstration of complete martial arts style including short and long forms, self-defense techniques, and oral presentation of style's lineage, development, and future endeavors.
- Demonstration of point-sparring, ground fighting, and full-contact skill utilizing an uke.
- Written examination covering five major anatomical areas. Booklet and study guide will be given to qualified candidates for preparation of exam.

Black Belt Ranking Guidelines

4th Degree Black Belt

Traditional color of belt: Black belt with four gold tips. This is also considered a master level position within the martial arts. Thus, the student would be allowed to wear a red belt.

Timing: Minimum of 12 years in the martial arts and four years as a 3rd degree black belt

Fee: \$40 (payable to GMAU)

Spiritual

- Have completed at least five years of service in your local church ministries (bus worker, children's church worker, youth leader, Sunday school teacher, ...)
- Evidence of at least 150 soul winning I outreach visits on behalf of your local church.
- Ability to state and explain your beliefs regarding 10 of the historical articles of faith (see Appendix A) (for 4th degree, you may select the ten topics).
- Written character references from three shihan level martial artists, an employer and your local pastor
- A member of a local theologically conservative church

Mental

- Have a personal martial arts library consisting of at least 15 books along with an abstract summary of each of the books.
- Participation in at least 35 martial arts demonstrations (eight of which you personally conducted).
- An 80% grade on a 2 hour written exam covering history, of the martial arts, the Christian philosophy of the arts, first aid, class organization, discipline, teaching techniques, bodily physics, organization of the martial arts, legal aspects of teaching the martial arts, conducting clinics, teaching other sensei and duties of the assistant sensei and dai sensei (for those shihan authorized to administer this exam, a set of questions is available from GMAU headquarters).
- Two academic papers on subjects pertaining to the martial arts and the Christian (see appendix d for recommended subjects and lengths of academic papers for each of the black belt levels)
- Five years of active teaching experience in a martial arts school
- A minimum of two years as a dai-sensei with your own school
- Organizational responsibilities dealing with oversight of instruction, examinations, or the administration of at least three martial arts schools or within a martial arts organization.
- A demonstrated life-style in keeping with the standards of an elder as found in I Timothy 3.
- Participation as an instructor in at least four martial arts clinics (workshops)
- Completion of the mar4000 (the Christian martial arts) correspondence course from the college of Christian martial arts (to be submitted to the chairman of the exam board at least two months prior to the physical examination).

Physical

Korean Styles

- Draw all vital striking areas of human body
- Draw all the meridians of the human body
- Perform & Apply eighteen Korean forms (eight of which would be Black belt level)

Japanese/Okinawan Hard Styles

- Documentation: Proof of rank and a copy of the Yodan. Requirements for the students particular Ryu or style to be submitted with item II below.
- GMAU requirements: Character references, academic papers, and a list of the students personal martial art library along with item I above should be submitted to the chief examiner at least four weeks prior to testing.
- Katas: at least Fourteen to sixteen or as required by the students particular Ryu done expertly.
- Also the student must be able to demonstrate and explain the technique in them.
- One-steps or self defense sets: As per requirement of the students particular Ryu. Student must be able to demonstrate and explain them expertly.
- One-steps or self defense sets: As per requirement of the students particular Ryu. Student must be able to demonstrate and explain them expertly.
- Breaking: Combination break two stations five boards or six concrete blocks. Or requirement of students particular Ryu
- Sparring: Student must show skill and control in both offence and defense, one and a half minutes against four opponents or as required by the students particular Ryu.
- All others requirements of the students Ryu and anything deemed necessary by the examiner and testing board including GMAU verbal information and memorization.

Japanese Soft Styles

- Ability to take control of environment around him or her
- All technique, whether waza or atemi, are done open handed
- All technique are done mainly using only Aiki timing
- Ability to perform technique against multiple attacker both from movement and static position
- Ability to teach technique and purpose to board member using someone with little or no knowledge of the technique
- Explain system complete and in full

Chinese Styles

- Mastery of all previous material.
- An additional form, preferably another weapons form.
- Demonstration of at least 100 self-defense techniques or applications from forms.

Freestyle/Ground & Full Contact

- Verified minimum of 12 years in active martial arts/science training.
- Twenty-five years of age or older.
- Recommendation of two Godan or higher instructors.
- Competition in five state or national level tournaments as a sandan.
- Completion of a three-hour physical fitness exam (details will be given one-week prior to actual exam)
- Demonstration of complete martial arts style including short and long forms, self-defense techniques, oral presentation of style's lineage, development, and future endeavors.
- Demonstration of point-sparring, ground fighting, and full-contact skill utilizing an uke.
- Serve as director and head instructor of own ministry/school with a minimum student enrollment of 20.
- Have promoted at least two individuals to shodan level within own style.
- Written examination. Booklet and study guide will be given to qualified candidates for preparation of exam.

Black Belt Ranking Guidelines

5th Degree Black Belt

Traditional color of belt: Black belt with five gold tips. This is also considered an advanced master level position within the martial arts. Thus, the student would be allowed to wear a belt with red, black and white combinations.

Timing: Minimum of 17 years in the martial arts and five years as a 4th degree black belt

Fee: \$50 (payable to GMAU)

Spiritual

- Have completed at least eight years of service in local church ministries (bus worker, children's church worker, youth leader, Sunday school teacher, ...)
- Evidence of at least 200 soul winning / outreach visits on behalf of your local church.
- Ability to state and explain your beliefs regarding 20 of the historical articles of faith (see Appendix A)
- Written character references from four shihan level martial artists, an employer and your local pastor
- A member of a local theologically conservative church

Mental

- Have a personal martial arts library consisting of at least 20 books along with an abstract summary of each of the books.
- Participation in at least 40 martial arts demonstrations (ten of which you personally conducted)
- An 80% grade on a 2 hour written exam covering history, of the martial arts, the Christian philosophy of the arts, first aid, class organization, discipline, teaching techniques, bodily physics, organization of the martial arts, legal aspects of teaching the martial arts, conducting clinics, teaching other sensei and duties of the assistant sensei and dai sensei (for those shihan authorized to administer this exam, a set of questions is available from GMAU headquarters)
- Two academic papers on subjects pertaining to the martial arts and the Christian (see appendix d for recommended subjects and lengths of academic papers for each of the black belt levels)
- Ten years of active teaching experience in a martial arts school
- A minimum of five years as a dai-sensei with your own school
- Organizational responsibilities dealing with oversight of instruction, examinations, or the administration of at three martial arts schools or within a martial arts organization.
- A demonstrated life-style in keeping with the standards of an elder as found in I Timothy 3.
- Participation as an instructor in at least seven martial arts clinics (workshops)
- Completion of the MAR5008 (Christian dojo management) correspondence course from the college of Christian martial arts (to be submitted to the chairman of the exam board at least two months prior to the physical examination).

Physical

Korean Styles

- Perform & Apply twenty-two Korean forms (nine of which would be Black belt level)
- Demonstrate the a Korean system in its entirety including basics, one-steps, three-steps, striking points, self-defense, restraints, breaking and release techniques.

Japanese/Okinawan Hard Styles

- Documentation: Proof of rank and a copy of the Godan. Requirements for the students particular Ryu or style to be submitted with item II below.
- GMAU requirements: Character references, academic papers, and a list of the students personal martial art library along with item I above should be submitted to the chief examiner at least four weeks prior to testing.
- Katas: at least sixteen to eighteen or as required by the students particular Ryu done expertly.
- Also the student must be able to demonstrate and explain the technique in them.
- One-steps or self defense sets: As per requirement of the students particular Ryu. Student must be able to demonstrate and explain them expertly.
- One-steps or self defense sets: As per requirement of the students particular Ryu. Student must be able to demonstrate and explain them expertly.
- Breaking: Ability to present a mini breaking clinic or demo, which can be used as a demo or a teaching tool. Or as per requirement of students Ryu.
- Sparring: Student must show skill and control in both offence and defense, three Black Belts or one match with an equal or higher rank or as required by the students particular Ryu.

Chinese Styles

- Mastery of all previous material.
- An instructional knowledge of the entire curriculum of the candidate's style. The candidate must be able to demonstrate that he or she is capable of teaching any and all material expected of students below this level.
- A demonstration of a cursory knowledge of at least one other style or system of martial arts.
- Instructional knowledge of at least 2 hand weapons and an introductory knowledge of the use and care of firearms.

Freestyle/Ground & Full Contact

- Verified minimum of 15 years in active martial arts/science training.
- Thirty years of age or older.
- Recommendation of two rokudan or higher master instructors.
- Competition in five state or national level tournaments as a yondan.
- Completion of a three-hour physical fitness exam (details will be given one-week prior to actual exam).
- Demonstration of complete martial arts style including short and long forms, self-defense techniques, oral presentation of style's lineage, development, and future endeavors.
- Demonstration of point-sparring, ground fighting, and full-contact skill utilizing an uke.
- Serve as director and head instructor of own ministry/school with a minimum student enrollment of 30 no less than four years.
- Have promoted at least four individuals to shodan level and two individuals to nidan level within own style.
- Written examination. Booklet and study guide will be given to qualified candidates for preparation of exam.

Black Belt Ranking Guidelines

Positional Black Belt levels

The ranks of 6th, 7th and 8th degree black belt are considered positional. As such they are awarded to individuals who:

- Have already earned a 5th degree black belt,
- Demonstrate the spiritual, mental and physical skills commensurate with the 5th degree black belt with considerations given to advancing age in the physical expectations
- Hold significant positional responsibilities within martial arts organizations that transcend several schools, states and/or countries.

The 8th degree would be reserved for the organizational leader of a major martial arts organization. All positional ranks must receive unanimous endorsement from the GMAU board of governors.

The 5th degree represents the highest level of rank achievable through examination and higher ranks are presented based upon organizational responsibility, years in service, etc.

It's fairly common for large martial arts organizations to promote 7th, 8th, and 9th degree black belts as honorary. Sixth degree is an extremely difficult rank since it is at this level one is regarded as a "master" within his style or system. Within a mature system, there would be thousands of Shodans, hundreds and hundreds of Nidans, hordes of Sandans, a hundred or so of Yodans, fifty or so Godans, twenty or less Rokudans, 15 or less Shichidans, 10 or less Hachidans, 5 or less Kudans, and only one Judan.

It is the policy of the GMAU that examinations for 3rd, 4th, and 5th degree black belt be conducted at an officially sanctioned clinic. This allows the student the opportunity to test with a large group of high-ranking black belts. It also allows the GMAU to maintain uniform standards for the last three levels of black belt examination achievement.

Black Belt Ranking Guidelines
Appendix A
Recommended Verses for each belt level

1st Degree Black Belt (82 Verses)

Romans 3: 10, I Corinthians 3: 16, Romans 3:23, 5:8,6:23, 8:28-29, 10:9-10, 10: 13, and 14: 12, Isaiah 26:3, Proverbs 15:1, John 3:16, 3:3, 3:36, 6:47 and 11:25-26,10:28, Numbers 32:23, Deuteronomy 5: 11, Matthew 10:32-33, Genesis 1:27, Leviticus 17: 11, Jeremiah 32: 17, Joshua 1 :8, Revelation 3:20,20:11-15, and 21:8, Proverbs 27:1, Isaiah 53:6, II Corinthians 6:1-3 and Deuteronomy 22:5, I John 1:7-9,5: 11-13, Matthew 28: 19-20, Ephesians 2:8-10, Psalms 53: 1-3, Philippians 1:21, and 4: 19, Malachi 3:10, Luke 14:28-30, I Corinthians 1:18,9:27,10:13, Hebrews 4:12,9:27,11:6, Acts 4:12, Psalms 1: 1-6, 23: 1-6, II Timothy 3: 16-17, and Galatians 6:7

2nd Degree Black Belt (110 Verses)

Verses from 1st Degree list plus Joshua 24:15, I Corinthians 9:22, 9:24-26,10:31, II Corinthians 5:21, 6: 16-17, Proverbs 3:5-6, 29: 18, Isaiah 40:31, Colossians 2:8, Galatians 6:2, 6:9, Romans 12: 1-2, Psalms 139:23-24, Philippians 2:3-16, Luke 9:23, Mark 8:36-38

3rd Degree Black Belt (150 Verses)

Verses from 2nd Degree list plus Ephesians 6: 10-12, Philippians 3: 13-14, Isaiah 8:20, 41: 10,64:6, Ezekiel 13:18, 22:30, Psalms 39:1, Matthew 10:28,18:1-4,25:23, Luke 1:37,2:52,6:38,9:62,12:19-21, James 1:22,2:10, Jeremiah 1:5,17:9-10, Job 13:15,23:10, Proverbs 20:4, 20:29, 26:20, John 10:9-10, Romans 4:2-5, Habakkuk 2: 15, I Corinthians 11: 14

4th Degree Black Belt

A Biblical defense of 10 of the standard articles of faith. In this defense, the student must provide from memory a variety of verses supporting his or her beliefs regarding 10 of the following topics. After stating his or her belief, the student should state their Biblical support.

What is your belief regarding:

1. The Scriptures,
2. The true God,
3. The Holy Spirit,
4. The Devil/Satan,
5. Creation,
6. The fall of man,
7. The virgin birth,
8. The grace in the new creation,
9. The atonement for sin
10. The freeness of salvation,

- 11. Justification,
- 13. The church,
- 15. The perseverance of the saints,
- 17. Civil government,
- 19. Of missions, and

- 12. Repentance and faith,
- 14. Baptism and the Lord's Supper,
- 16. The righteous and the wicked,
- 18. The resurrection and return of Christ and related events,
- 20. Of financial giving

5th Degree Black Belt

A Biblical defensive of all 20 of the standard articles of faith. In this defense, the student must provide from memory a variety of verses supporting his or her beliefs regarding the following topics. After stating his or her belief, the student should state their Biblical support.

What is your belief regarding:

- 1. The Scriptures,
- 3. The Holy Spirit,
- 5. Creation,
- 7. The virgin birth,
- 9. The atonement for sin
- 11. Justification,
- 13. The church,
- 15. The perseverance of the saints,
- 17. Civil government,
- 19. Of missions, and

- 2. The true God,
- 4. The Devil/Satan,
- 6. The fall of man,
- 8. The grace in the new creation,
- 10. The freeness of salvation,
- 12. Repentance and faith,
- 14. Baptism and the Lord's Supper,
- 16. The righteous and the wicked,
- 18. The resurrection and return of Christ and related events,
- 20. Of financial giving

Black Belt Ranking Guidelines
Appendix B
Common arguments faced while soul winning and Counseling

1. There is no hell.
2. God is too loving to send me to hell.
3. I was born a Christian.
4. I haven't sinned, or at least not bad enough to go to hell.
5. My good works will save me.
6. My parents will save me.
7. I go to the _____ church, it will get me to heaven.
8. I've been baptized, that will get me to heaven.
9. I don't believe the Bible.
10. I don't need to go to church.
11. I'm a silent witness by my good works. I don't need to specifically talk to others about Christ and salvation.
12. Are the heathen in deep Africa lost and going to hell?
13. Can I lose my salvation?
14. Once I've been saved, I can do whatever I want to do.
15. Will babies go to heaven if they die?
16. It doesn't matter what kind of church I attend.
17. How do we know the Old Testament saints were saved?
18. Abortion is acceptable, especially in certain situations.
19. Lifestyle isn't important; you can be a practicing homosexual Christian.
20. I don't need to leave my old friends behind once I've been saved, I will be a missionary to them and stick with them.
21. How can there be three Gods in One?
22. Music is amoral and a personal choice, thus there is no such thing a bad music
23. I don't see anything wrong with going to movie. What I watch in the privacy of my own home is up to me.
24. What's wrong with a little body piercing? (nose, tongue, eyelid, navel, ...)

Black Belt Ranking Guidelines

Appendix C

Major objections to Christians being in the martial arts

1. The martial arts promote violence. Just look at the TV and movies about them. They teach how to injure and maim people. How can a Christian be involved in that kind of an activity?
2. The martial arts are connect with Zen Buddhism, the Occult, oriental religions and Satanism. They have their roots in the orient and study those philosophies and practices. The Christian should have nothing to do with this type of activity, especially as a sport.
3. The Bible specifically teaches us to love our neighbor, to avoid violence, to turn the other cheek and to walk an extra mile for those who persecute us. We are commanded to pray for those who despitefully use us. The Bible prohibits the use of force and thus the Christian should not be involved in an activity or sport which trains them to cause injury to others.

Black Belt Ranking Guidelines

Appendix D

Suggested topics for academic papers for black belt levels

All papers must be typed, double spaced in standard academic thesis style. Any deviations from the suggested subjects must be approved by GMAU headquarters prior to assignments

1st degree black belt

- Two papers each 5 pages in length
- Topics could be "The Philosophy of Budo", "The Christian and the Martial Arts", or "The Scriptural Basis and Biblical Illustrations for Etiquette in the Martial Arts"

2nd degree black belt

- A 15 page paper on "The Scientific Basis of the Martial Arts"
- A 10 page paper on "Mind leading: Its definition and Biblical Illustrations", "Martial Arts Techniques and Old Testament Illustrations", or "The definition of Focus and Power with Biblical support"

3rd degree black belt

- A 12 page paper on "The Sensei, his nature and role"
- A 15 page paper on "The Biblical versus Traditional Definition of Ki/Chi and its relationship to your martial art style"

4th degree black belt

- Two 15 page papers with your choice of topic for the second paper
- The title of the first should be "The Martial Arts School as a Local Church Ministry"
- The topic of the second should be reviewed with GMAU in advance and care should be taken to provide scriptural balance in its content.

5th degree black belt

- Two 18 page papers with your choice of topic for the second paper
- The title of the first should be "The Making of a Biblical Martial Arts Master"
- The topic of the second should be reviewed with GMAU in advance and care should be taken to provide scriptural balance in its content.

Black Belt Ranking Guidelines Appendix E
Contributors

The following martial artist contributed to the material in this document.

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