



BLACK BELT QUESTIONS

1ST Degree and Advanced Degree Candidates

1. **Q.** What does it mean to be a Black Belt?
A. Of course a Black Belt means different things to different people, but generally speaking, being a Black Belt means that you are constantly striving for perfection of character. This can be accomplished by keeping high personal standards, by consistently demonstrating self-control, by living a disciplined lifestyle, by making positive contributions to your community, and of course, by continuing the practice of martial arts.

2. **Q.** What does “Karate” mean?
A. It means “empty hand” or hand “empty of emotion.” Empty hands refers to the fact that most of the techniques practiced in karate are done without weapons. Hand “empty of emotion” refers to the importance of staying centered at all times.

3. **Q.** Explain the meaning of the bow and where it comes from.
A. It is a traditional Kosho Ryu Kenpo bow developed in Japan by the Mitose Clan. Roughly translated, the first phase “Kigan” stands for peace. “I always search for a peaceful resolution.” The second phase “Kaishu” stands for optimism. “I always look for the good in people and situations.” The third phase “Hoken” means humility. “I’m not boastful. I am defined by my actions, not my words.”

4. **Q.** What is true self-defense?
A. True self-defense is not just defending yourself against physical aggression, but against poor health, a bad attitude, negative energy, injury, and apathy.

5. **Q.** How do you practice true self-defense?
A. You can practice true self-defense by living a positive, proactive, martial arts lifestyle.

6. **Q.** What are some guidelines you could follow which will help you deal with a “crisis” situation?
A. Although no one strategy is going to guarantee success in every “crisis” situation, there are a few steps that you can follow which will help to dramatically stack the odds of success in your favor:
 1. Acknowledge the situation... “Yes, this is a problem and I need to deal with it!”
 2. Determine the desired outcome.
 3. Ask yourself... “Is the emotion that I’m experiencing right now the appropriate emotion to help me deal with this situation?” If it is, continue on. If it’s not, ask yourself... “What would be the appropriate emotion to help me deal with this situation?” Then do your best to adjust your emotional mindset accordingly.
 4. Take immediate action.
 5. Stay the course.

7. **Q.** What are the ABC's of conflict avoidance?
- A.**
- a. Avoid potentially dangerous situations
 - b. Be calm and breathe
 - c. Communicate with confidence
 - d. Don't put yourself in a worse situation than you are already in
 - e. Environment can create opportunities {look around}
 - f. "Fire" is better to yell than "Help"
 - g. Get away..... the object is not to win but to get out of there
 - h. Hit hard, hit fast, hit first, hit last
8. **Q.** You are confronted by someone you feel could possibly try to harm you or a family member. What steps should you take to try to diffuse the situation before it becomes violent?
- A.** Your first choice should always be to leave the scene immediately. But if that's not possible then here are some basic guidelines to follow:
1. Take a few deep breaths to help you remain calm and logical.
 2. Assume a confident and empowering physiology.
 3. Position yourself in a defensive, but non-confrontational stance.
 4. While keeping eye contact with the aggressor, state in an assertive and confident tonality your desire to resolve this situation peacefully.
9. **Q.** If physical altercation is unavoidable, what steps should you take to ensure your safety?
- A.** To begin with, there are no steps that you can take that will guarantee your safety, but there are plenty of things that you can do to stack the odds in your favor. The first step is to decide your desired outcome. Is it to escape? Is it to contain? Or is it to subdue? Once you know this then you can decide your strategy. If my desired result is to escape, then my strategy will be to "stun and run." If my desired result is to contain someone until help arrives then I will control through immobilization and pain compliance. If my desired result is to subdue the aggressor, then my strategy is to do anything and everything that I can to defend myself.
10. **Q.** What can you expect to happen in a violent confrontation?
- A.** You can expect to get hit. You can expect to get hurt. You can expect the unexpected. This is why it's so important to avoid a violent situation at all costs. No one wins.
11. **Q.** Who is a mighty person?
- A.** One who has control over their emotions and can make friends of their enemies.
12. **Q.** Explain the meaning of the Principles of Black Belt.
- A.** (This too is subject to the interpretation of each student.)