

**Tran's Adult Muay Thai Kickboxing**  
**“A journey of a thousand miles begins with a single step!”**

For many centuries the “Black Belt” has been a symbol of great health, strength, perseverance, courage, self-discipline, respect and success. You are about to embark on an amazing journey that will lead you to “Black Belt Excellence” with the world renowned Tran’s Martial Arts & Fitness organization. We will be here for you every step of the way as you start to transform your mind, body and spirit! We are dedicated to your success in every aspect of life. Your journey begins!

**Advancement Procedures and Requirements**  
**“What your mind can conceive, it can achieve!”**

Every time you complete a full class, our instructors will award you with a white Success stripe that wraps around your belt. For every ten Success stripes you earn, you will earn a thick red Victory stripe. Once you have attained all the necessary stripes, and the minimum amount of time has elapsed, you will be eligible to test. Your new belt will be awarded to you upon successful completion of the Belt Test. The test requirements listed beside each rank below represent the test for the next rank:

**White Belt:** 24 stripes (3 month minimum), 15 push ups w/in 1min, 15 sit ups w/in 1 min., 2 rounds x 2min. each with 30 sec. rest period,. Code of Ethics #1.

**Yellow Belt:** 24 stripes (3 month minimum), 25 push ups w/in 2min, 25 sit ups w/in 2 min., 4 rounds x 2min. each with 30 sec. rest period, Code of Ethics #1-2.

**Orange Belt:** 24 stripes (3 month minimum), 35 push ups w/in 2min, 35 sit ups w/in 2 min., 6 rounds x 2min. each with 30 sec. rest period, Code of Ethics #1-3.

**Green Belt:** 32 stripes (4 month minimum), 50 push ups w/in 3min, 50 sit ups w/in 3 min., 7 rounds x 2min. each with 30 sec. rest period, palm heel strike board break. Code of Ethics #1-4.

**Blue Belt:** 32 stripes (4 month minimum), 60 push ups w/in 3min, 60 sit ups w/in 3 min., 8 rounds x 2min. each with 30 sec. rest period, skip side kick board break. Code of Ethics #1-5.

**Purple Belt:** 32 stripes (4 month minimum), 70 push ups w/in 3min, 70 sit ups w/in 3 min., 9 rounds x 2min. each with 30 sec. rest period, Rear horizontal Elbow strike board break. Code of Ethics #1-7.

**Red Belt:** 40 stripes (5 month minimum), 80 push ups w/in 3min, 80 sit ups w/in 3 min., 10 rounds x 2min. each with 30 sec. rest period, Rear vertical knee strike board break, 1mi run w/in 10 min, Code of Ethics #1-9.

**Brown Belt:** 40 stripes (5 month minimum), 90 push ups w/in 3min, 90 sit ups w/in 3 min., 11 rounds x 2min. each with 30 sec. rest period, Back leg front kick board break, 2mi. run w/in 20 min, Code of Ethics #1-11.

**Beginning Black Belt:** 40 stripes (5 month minimum), 100 push ups w/in 3min, 100 sit ups w/in 3 min., 12 rounds x 2min. each with 30 sec. rest period, Axe kick board break, 3mi. run w/in 30 min, Code of Ethics #1-13.