

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 obtaining the next rank:

White Belt: 24 stripes (3 month minimum) Perform 15 push ups in 1 minute, 15 sit ups in 1 minute, 2 rounds x 2 minutes each with 30 second rest and memorize Code of Ethics #1.

Yellow Belt: 24 stripes (3 month minimum) Perform 25 push ups within 2 minutes, 25 sit ups within 2 minutes, 4 rounds x 2 minutes each with 30 second rests, and memorize Code of Ethics #1-2.

Orange Belt: 24 stripes (3 month minimum) Perform 35 push ups within 2 minutes, 35 sit ups within 2 minutes, 6 rounds x 2 minutes each with 30 second rests, and memorize Code of Ethics #1-3.

Green Belt: 32 stripes (4 month minimum) Perform 50 push ups within 3 minutes, 50 sit ups within 3 minutes, 7 rounds x 2 minutes each with 30 second rests, memorize Code of Ethics #1-4 and perform a Palm Heel Strike board break.

Blue Belt: 32 stripes (4 month minimum) Perform 60 push ups within 3 minutes, 60 sit ups within 3 minutes, 8 rounds x 2 minutes each with 30 second rests, memorize Code of Ethics #1-5 and perform a Skip Side Kick board break.

Purple Belt: 32 stripes (4 month minimum) Perform 70 push ups within 3 minutes, 70 sit ups within 3 minutes, 9 rounds x 2 minutes each with 30 second rests, memorize Code of Ethics #1-7 and perform a Rear Horizontal Elbow Strike board break.

Red Belt: 40 stripes (5 month minimum) Perform 80 push ups within 3 minutes, 80 sit ups within 3 minutes, 10 rounds x 2 minutes each with 30 second rests, memorize Code of Ethics #1-9, run a 10 minute mile, and perform a Vertical Knee Strike board break.

Brown Belt: 40 stripes (5 month minimum) Perform 90 push ups within 3 minutes, 90 sit ups within 3 minutes, 11 rounds x 2 minutes each with 30 second rests, run 2 miles within 20 minutes, memorize Code of Ethics #1-11 and perform a Rear Leg Push Kick board break

Beginning Black Belt: 40 stripes (5 month minimum) Perform 100 push ups within 3 minutes, 100 sit ups within 3 minutes, 12 rounds x 2 minutes each with 30 second rests, memorize Code of Ethics #1-13, run 3 miles within 30 minutes, and perform an Axe Kick board break.