



# McCoy's Action Karate

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It has come to a point in your training that many questions shall arise as the bar of what is expected is raised. As always I am available to answer any of your questions, but I wanted to take the time to welcome you to the Advanced Little Dragons and give you a brief breakdown of the program.

The Little Dragon program was created to prepare you physically and emotionally for the Karate Kids, and now that you have grown so much over the past nine months it is time to make you even stronger. Classes will become more rigorous and demanding in terms of what is expected in your behavior and in the curriculum as your hard work continues to pay off. In addition, with your perseverance and dedication in the Little Dragons some additions and perks shall arise as you continue to succeed as you train for a higher level of proficiency. Some of these additions are as followed:

**Black Belt Training Course:** This standard training program designed to help our students reach the goal of black belt, entitles you to train not just two to three times a week, but as many times as your heart desires (and can handle). In addition to what is taught in BTC (Basic Training Course), students in this program (BBTC) also learn sparring and weapon techniques. Members of this program wear white pants and a black uniform top or a black uniform tee shirt. If you are interested in upgrading to this program please schedule a time to discuss the options.

**Black Dragon:** The Black Dragon is a rank unique to McCoy's Action Karate. Your commitment to the martial arts has prepared you for the moment of getting your Black Dragon when you are able to proficiently perform the last two forms in the Advanced Dragon curriculum, in a test format. If you succeed in performing all the required material at your last stripe test as a Little Dragon, you will be awarded the Black Dragon belt and patch. The patch may be worn on the left sleeve below the American flag patch for as long as you remain a student. Black Dragons are promoted to the Karate Kids class at the rank of Blue/White. All other Little Dragons promoted to the Karate Kids class are promoted at their current Little Dragon rank, but stand at the front of the White Belt Karate Kids line.

I am excited to see you further your success as you step into a new and challenging class. You will do great and go far as long as you keep on training as hard as you have been. Once again, congratulations on this stage of your martial arts journey!! I look forward to seeing you in class.

Dedicated to the Individual,

Barbara McCoy #5  
Owner