**Contender Martial Arts Virtual Martial Arts Training**

One of the 1st of its kind. Online martial arts training is becoming a very popular option with students as of late due to proximity to the school they wish to train with or scheduling issues with classes at the studio. This alternative way of training is still a great way to learn martial arts plus it's on YOUR time.

**BENEFITS**

1. You set the time for how often and how long you train.
2. You get to choose when you're ready to move on to the next technique and have the ability to go back and rewatch it at any point.
3. You get to work from the comfort of your home.
4. You still get to learn Martial Arts.
5. You will get monthly check-ins with the instructor.
6. You can earn certified ranking in taekwondo (WSTA,AAU,USTA,USAT,WT)
7. Promotion tests are all done by Video
8. The ability and support to open a ***Contender Martial Arts*** in your area (after you get your blackbelt)

**Mandatory training time between belt ranks**

White to Advanced white: 3 month

Advanced white to yellow: 3 month

Yellow to Advanced yellow: 3 month

Advanced Yellow to green: 3 month

Green to Advanced green: 6 month

Advanced Green to blue: 6 month

Blue to Advanced blue: 6 month

Advanced Blue to red : 6 month

Red to Advanced red: 6 month

Advanced red to bodan : 9 months

Bodan to black belt : 12 months

**$100 Per Test (up to Advanced red belt)**

Receive printable school certificate

Receive new belt in the mail

**$300 Bodan Test**

Receive printable school certificate

Embroidered belt and school bodan uniform

**$500 Blackbelt test**

Receive printable school certificate

Receive 2 National level certificates (AAU, USTA)

Receive 1 International level certificate (WT)

Receive a Contender Martial Arts gift

Receive Embroidered Contender Martial Arts Black belt

Receive Contender Martial Arts Black belt Uniform