

# SUBMITTING YOUR EXAM MATERIALS

## How to Submit Your Exam Materials Online

Your belt exam is like a “report” of how you did over the specific 30-90 belt cycle.



### BELT EXAM SUBMISSION FORM

Please complete the items on this form to apply for your next belt. (After you click "Send" at the bottom of this page, you will see a "Congrats" page if your submission was sent. If you see THIS submission page again, there was a problem. You can find the problem by scrolling through the page and looking for **red error messages** that explain what's causing the problem.

Your Full Name

Your Best Email

#### BELT LEVEL

Please click the arrow [v] and select the belt level you are testing for.

#### MY GOAL

Please enter the results you expect to attain.

Example: Release 5 pounds. Refer to the (result) in the Goal Statement below.

#### MY GOAL STATEMENT:

Please enter your Goal Statement for this cycle. Your Goal Statement contains your goal, how you plan to achieve that goal, how long you will take and why you want to achieve it.

Your goal statement should be along the lines of: My goal is to (tasks/practice) during the next 30 days, which will help me be able to (result) so I can (benefit of result).

Example: My goal is to (add a daily 45 minute walk), during the next 30 days, which will help me be able to (release 5 pounds), so that I can (spend more quality time playing with my kids).

#### MY MAIN OBSTACLE(S):

Enter any obstacles here

You can **submit all of your exam materials for evaluation online.**

The form will actually walk you through your exam questions but if you are confused about anything, don't hesitate to reach out for help at **[satori@satorimethod.com](mailto:satori@satorimethod.com)**

In the online form there is also a section to include a short Essay about how you applied yourself to the area of focus for your particular belt level.

Your Essay should answer the following questions:

- How do I feel about my results during this cycle?
- What has been my main insight or takeaway during this cycle?
- What am I most excited to tweak for my next cycle?

The online form will also let you upload photos and images that document your journey over this belt cycle.

# Belt Exam: Image Requirements

To document your journey during a belt cycle, use these guidelines to make sure the images you submit will be approved.

Take multiple images: You **MUST** take multiple images (a minimum of 5) that document your transformational journey for each belt level.

In addition to at least 2 images of YOU practicing your methodology/tasks/activities (that correspond with the current belt you are testing for) you should also include supplemental images of the spaces and places you practice during this belt cycle.

Supplemental images can also include photos of you continuing to implement the practices from your previous belt cycles (ie. Belt Stacking). For instance, if you are testing for your Blue Belt (Energy Flow & Rejuvenation), in addition to images showing you practicing your energy routines, you could also show images of you taking an invigorating walk and/or preparing a healthy meal (Movement & Nutrition) to show you are keeping up with your practices from your Orange Belt.



**Question:** How do I take images of myself?

**Answer:** You can either invite someone to take pictures of you, use your camera's timer or use a selfie stick.

- PURPLE BELT: (The Mind-Body Map Image)**  
Draw the Mind-Body Map and take a photo of it.  
\*You can draw your map on paper or use a computer illustration program.
- ORANGE BELT: (Movement & Nutrition Images)**  
Image Examples: Qigong, Walking, Swimming, Yoga, Workouts, High Vibe Foods.  
\*Remember to include your practice environments.
- BLUE BELT: (Energy Flow & Rejuvenation Images)**  
Image Examples: Qigong, Reiki, Yoga, Walking Meditation, Healing, Massage.  
\*Remember to include your practice and relaxation environments.
- GOLD BELT: (Meditation & Introspection Images)**  
Image Examples: Meditation, Standing Qigong, Prayer, Quiet Time, Journal Insights.  
\*Remember to include your practice and introspection environments.
- GREEN BELT: (Why Statements Images)**  
Images: Insight pages from your Budo Journal and your Why Statements
- RED BELT: (Satori Storybook Images)**  
Images: All 10 pages from your Satori Storybook
- BROWN & BLACK BELTS**  
This is a Live Exam but images of your preparation training are welcome.

## *The Approval Process*

After the submission deadline, no more submissions will be accepted for that cycle. At that time, the Satori Team will personally review your Belt Exam materials.

There will be a Graduation for those attaining a new Belt Level (those that pass the belt requirements.) The Graduation will be held online. During the Graduation, you will get specific feedback about your exam from Sensei Tristan.

Please know that sometimes there may be the need for a little extra support to help you pass a level. But after you pass, you will be notified and your belt exam fees will be processed and your Wristband Belt will be sent to you.

## *Your Exam Fees*

There is an exam fee for all belt exams to cover the cost of the review and the wristband belt.

○ ○ ○ Orange/Blue/Gold belt exam fee – \$30

○ ○ Green/Red belt exam fee – \$40

○ Brown belt exam fee – \$60

○ Black belt exam fee – \$250

The cost of shipping your belt will be added to this fee at the time your exam fee is processed. This payment is only added to your membership account if you submit exam materials to us.

