

# 100 Black Belts In 3 Days - AKF Martial Arts Janesville

Mike McKay November 24, 2014



AKF Janesville

**AKF Martial Arts Janesville promotes 22 student to black belt of Kyuki-Do along with over 80 others from around the United States.**

([Newswire.net](http://Newswire.net) -- November 23, 2014) Janesville, Wisconsin -- Every November they gather in the Wisconsin Dells at the annual Black Belt Extravaganza. Juniors and adults come with determination. Determined to achieve what few people ever do. Become martial arts experts and earn their black belt.

Kyuki-Do style was created out of a combination of Hopkido, Tae Kwon Do and Judo. To achieve black belt students will have trained consistently for no less than 3 years, in many cases much longer.

During the Extravaganza spectators can watch board and brick breaking, jumping spinning kicks and sparring. Weapons techniques are a crowd favorite. To qualify for a black belt a students will show advanced skills with various weapons such as a bow staff and sword.

So, what does it take to become a black belt?

Few are better qualified to answer that question than Head Master Lloyd Holden of [AKF Martial Arts Janesville](#). AKF stands for American Kyuki-Do Federation.

According to Master Holden, “family support and a willingness to commit”, are the primary driving forces to success.

When asked what characteristics are common among students who never achieve a black belt he simple says that the opposite is true. “Students drop out because they don’t have the family support required to make it”.

Master Holden started his martial arts training in college. By 1979 he was a green belt in Tae Kwon Do. That same year Grand Master Ok Hyung Kim founded the American Kyuki-Do Federation (AKF). Master Holden became one of the first students and by 1988 he was teaching the style in Janesville.

Now, 35 years after he began his martial arts training, Master Holden is a 7th Degree Black Belt in Kyudi-Do. Additionally he has earned various black belts in Judo, Jiu Jitsu and Hapkido.

There is another reason why students don’t make it. A very good reason. “Students move on in life”, says Master Holden. He goes on to say that, “we’ve had students go to West Point, The Air Force Academy, Law School and Medical School before they were able to complete their training”.

The Kyuki-Do training program is designed to help students succeed as long as they put in the effort. By combining

that with a passion for teaching [Janesville Kyuki-Do](#) has a drop out rate well below the national average.

So, what have been the secrets of success for the school?

According to Master Holden word of mouth is his best method for attracting new students. Janesville is a community with a population of about 60,000 residents. Being in town for 26 years has established the school as a great place for parents to bring their kids to learn self control, discipline and develop self esteem.

Adults often enjoy attending for the workout. Martial arts provides a great workout that is fun and interactive. Students of all ages make friends and build confidence that translates into everyday life.

The school wasn't always able to rely on word of mouth to bring in new students. In the early days Master Holden would hold demonstrations in local venues to showcase the art. By giving people in the audience a chance to participate they would surprise themselves by doing things that they never thought possible.

Many people dream of becoming a black belt. Others just want to lose weight or become more flexible. Parents want their kids to develop self esteem and self control while having fun at the same time. Kyuki-Do, for many people, accomplishes all of that and more.

### **About AKF Martial Arts Janesville**

AKF (American Kyuki-Do Federation) has a solid reputation in Janesville, WI as the premier school for Martial Arts. Master Holden is a true professional instructor with a lifetime of teaching martial arts.

### **AKF Martial Arts Janesville**

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