



J. W. Kim Taekwondo:
Leaders in personal achievement since 1995.

Black Belt Testing Requirements and Contract*

Communication

- E-mails will be sent frequently
- Black belt testing website: <http://www.jwkimtkd.com/blackbeltesting.html>

Attendance

Beginning March 30, 2020

- 2 regular classes each week
- 1 sparring class each week
- 1 candidate class each week
 - DTC Children Fridays 4:30-5:30
 - DTC Adults Fridays 5:40-6:40
 - Castle Pines All Ranks on Fridays 5-6

Physical Belt Test Curriculum

- Forms
- Korean (Kicks for all candidates, hand techniques for adult 1st degree candidates, additional terminology)
- 1-step sparring
- Endurance
- Sparring
- Breaking
- Knife defense (2nd and 3rd degree candidates)
- Self-Defense
- Falling/Rolling

NOTE: See phase table on page 2 for pretest dates and requirements. Candidates who do not meet the required standard may be required to participate in a "catch-up" program.

Mental Requirements

- **Written test** will be approximately two weeks prior to the belt testing. This is required for all candidates and will cover all questions in the manual from white belt through your current rank. (available online; www.jwkimtkd.com). Questions regarding concepts discussed during black belt training may also be on the written test.
- **Report card** reflecting a B average (or equivalent) for students. If you do not have a B average then a plan outlining goals to raise your grades will need to be submitted. *Report cards are due in June.*
- **Essay** Instructors will assign students prompts that are **not** in the manual. Elementary and middle school students will submit an outline by May 1. Essay Drafts for all candidates are due by August 1. Final essays will be due with your application packet one week before the belt test. Outlines and drafts should be submitted with final essay.

Homework

- 1550 push-ups (last 50 at the belt test)
 - these are to be done outside of class and DO NOT include push-ups done in classes
- 3550 sit-ups (last 50 at the belt test)
 - these are to be done outside of class and DO NOT include sit-ups done in classes
- 20 Hours of home practice
- Students need to keep a daily log with the number of push-ups, sit-ups, & hours of practice completed. A template will be provided.

Community Service

- Kick-A-Thon benefiting the Black Belt Foundation (date to be determined)
- 1 outside of TKD (2nd and 3rd degree)
 - Students will be required to write a 1 page paper (briefly what they did, why they did it, how it helped others, what they learned from it)

Belt Test and Candidate Class Assistance

- 2nd and 3rd degree candidates will need to assist at 1 belt test. (2-3 candidates per test)
- 3rd degree candidates will be asked to assist in the training of 1st and/or 2nd degree candidates.

Belt Test

- The test is expected to be the weekend of September 26 or October 3 but will be confirmed at a later date.



J. W. Kim Taekwondo:
Leaders in personal achievement since 1995.

Timelines

The table below shows what candidates are expected to know at the beginning of each month. These are minimum requirements. Candidates will be subject to random status testing upon the completion of each phase. Candidates who are not minimally proficient in the curriculum may be required to enter a “catch-up” program. This could include a variety of methods and will be handled individually based upon the discretion of the masters and instructors.

Candidate for...	Phase 1: April 2020	Phase 2: May 2020	Phase 3: June 2020	Phase 4: July 2020	Phase 5: August 2020
1 st Degree	Forms: Chonji, Dangun, & Taegeuk Pal Jang, Taegeuk Il Jang <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances 1-Step Sparring: Brown (Chokes & Joint Locks) Self-Defense: White – Orange, brown (9 Target Areas, Rule of Thumb, Bear Hugs, and Head Lock) Falling: Front & Back from knees Korean: First six kicks on page 10 of manual <i>Meet attendance requirements</i>	Forms: Taekgeuk Chil Jang, Taegeuk Yi Jang <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances 1-Step Sparring: Blue (Hand Techniques) Self-Defense: Green & Purple (Single hand and double hand wrist grabs) Falling: Right & Left from knees Korean: First 12 kicks on page 10 of manual <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Forms: Taegeuk Oh Jang & Taegeuk Yuk Jang <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances 1-Step Sparring: Red (Kicking Techniques) Self-Defense: Blue & Red (Collar grabs, Hair Grabs, Shaking Hands) Rolling: Front & Back from knees Korean: First 18 kicks on page 10 of manual <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Forms: Taegeuk Sam Jang & Taegeuk Sa Jang <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances 1-Step Sparring: High Red (Takedowns) Self-Defense: High Red (Shoulder Grabs) Falling & Rolling: All from standing Korean: First 24 kicks on page 10 of manual <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Korean: All kicks on page 10 of manual <i>Full curriculum should be known at this time</i>
2 nd Degree	Forms: Taegeuk 1-8, Koryo, Chonji, Dangun, <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances Knife: 1-2 1-Step Sparring: 3 Hand Techniques Korean: First six kicks on page 10 of manual Self-Defense: Color Belt Curriculum Falling: Front & Back from knees <i>Meet attendance requirements</i>	Forms: Dosan, Won Yo <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances Knife: 3-4 1-Step Sparring: 3 Kicking Techniques Korean: First 12 kicks on page 10 of manual Self-Defense: Black belt wrist grabs w/counters Falling: Right & Left from knees <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Forms: Choon Gun <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances Knife: 5-6 1-Step Sparring: 3 Takedowns Self-Defense: Black belt hair & collar w/counters Rolling: Front & Back from knees Korean: First 18 kicks on page 10 of manual <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Forms: Yul Guk <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances 1-Step Sparring: 3 Joint lock/choke Self-Defense: Black belt head lock and bear hug w/counters Falling & Rolling: All falls & rolls from standing up Korean: First 24 kicks on page 10 of manual <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Korean: All kicks on page 10 of manual <i>Full curriculum should be known at this time</i>
3 rd Degree	Forms: WT 1-10, ITF 1-9 <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances Knife: 1-6 1-Step Sparring: 3 Hand Techniques Self-Defense: Color Belt Curriculum Falling: Front & Back from knees Korean: First six kicks on page 10 of manual <i>Meet attendance requirements</i>	Forms: Kwan Gae <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances Knife: 7-8 1-Step Sparring: 3 Kicking Techniques Self-Defense: Black belt wrist and hair grabs Falling: Right & Left from knees Korean: First 12 kicks on page 10 of manual <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Forms: Taebaek <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances Knife: 9-10 1-Step Sparring: 3 Takedowns Self-Defense: Black belt collar and head lock Rolling: Front & Back from knees Korean: First 18 kicks on page 10 of manual <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	1-Step Sparring: 3 Joint lock/choke Self-Defense: Black belt bear hug Knife: 11-12 Falling & Rolling: All falls & rolls from standing up Korean: First 24 kicks on page 10 of manual <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Korean: All kicks on page 10 of manual <i>Full curriculum should be known at this time</i>

*Requirements and dates are subject to change. Please check your e-mail regularly for all updates and important information.



J. W. Kim Taekwondo:
Leaders in personal achievement since 1995.

Candidate Contract

Please sign and return to your instructor by Wednesday, March 25, 2020

I understand and agree to fulfill all of the requirements listed above. I agree to work hard in classes and practice at home to become the best Taekwondo practitioner possible for my black belt promotion testing.

Student Name (Print)

Student Signature

____/____/_____
Date

Parent/Guardian Signature
(if candidate is under 16)

____/____/_____
Date