



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 November 5, 2018

- 2 regular classes each week
- 1 sparring class each week
- 1 candidate class each week
 - DTC Under 13 Fridays 4:30-5:30
 - DTC 13 and Older Wednesdays 7:35-8:35
 - 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)
- 1-step sparring
- Endurance
- Sparring
- Breaking
- Knife defense (2nd and 3rd degree candidates)
- Self-Defense
- Ground Defense (2nd and 3rd degree candidates)
- 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 (available online; www.jwkimtkd.com). Questions regarding concepts discussed during black belt training may also be on the written test. *Note: A new manual is being released in October. The written test will be based on this version of the manual.*
- **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 by your first candidate class in February.*
- **Essay** Instructors will assign students prompts that are **not** in the manual. *Essay drafts are due by your first candidate class in February.* Final essays will be due with your application packet one week before the belt test. 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 will be the weekend of May 11. (Pending space availability.)



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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: December 2018	Phase 2: January 2019	Phase 3: February 2019	Phase 4: March 2019	Phase 5: April 2019
1 st Degree	Forms: Chonji, Dangun, Taegeuks 1, 2, & 8 1-Step Sparring: Blue Hand Techniques: Hand on belt, techniques corresponding to forms Korean: First six kicks on page 10 of manual Self-Defense: White - Orange Falling: Front & Back from knees <i>Meet attendance requirements</i>	Forms: Taekgeuk 7 1-Step Sparring: Red Stances: Front & Walking Hand Techniques: Techniques corresponding to forms Korean: First 12 kicks on page 10 of manual Self-Defense: Green & Purple Falling: Right & Left from knees <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Forms: Taekgeuk 5-6 1-Step Sparring: High Red Hand Techniques: 2 hand chamber, techniques corresponding to forms Korean: First 18 kicks on page 10 of manual Self-Defense: Blue & Red Rolling: Front & Back from knees <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Forms: Taekgeuk 3-4 1-Step Sparring: Brown Stances: Horse and L Hand Techniques: Techniques corresponding to forms Korean: First 24 kicks on page 10 of manual Self-Defense: All Falling & Rolling: All from standing <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: WTF 1-9, ITF 1-4 Knife: 1-2 Hand Techniques: Hand on belt, techniques corresponding to forms Stances: Front & Walking 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: Joon Goon Knife: 3-4 1-Step Sparring: 3 Kicking Techniques Stances: Back, Tiger, Horse Hand Techniques: 2 hand chamber, techniques corresponding to forms 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: Yul Guk Knife: 5-6 1-Step Sparring: 3 Takedowns Hand Techniques: Techniques corresponding to forms 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: All 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>	Self-Defense: Ground Defense Korean: All kicks on page 10 of manual <i>Full curriculum should be known at this time</i>
3 rd Degree	Forms: WTF 1-10, ITF 1-9 Knife: 1-6 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 Stances: All Hand Techniques: 2 hand chamber for all blocks <i>Meet attendance requirements</i>	Forms: Kwan Gae Knife: 7-8 1-Step Sparring: 3 Kicking Techniques Self-Defense: Black belt wrist, hair, and collar grabs with counters Korean: First 12 kicks on page 10 of manual Falling: Right & Left from knees <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Forms: Taebaek Knife: 9-10 1-Step Sparring: 3 Takedowns Self-Defense: Black belt head lock and bear hugs 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>	1-Step Sparring: 3 Joint lock/choke Knife: 11-12 Self Defense: Ground defense 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.



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Candidate Contract

Please sign and return to your instructor by Monday, October 29, 2018

I, _____, understand and agree to fulfill all of the requirements listed above.
(Print Name)

Student Signature

_____/_____/_____
Date

Parent/Guardian Signature
(if candidate is under 16)

_____/_____/_____
Date