



**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**

*Summer Attendance (June 1 – August 31)*

- Candidates should attend at least 15 regular classes and 5 sparring classes
- Candidates need to attend at least two out of four offered candidate classes. Sign up online.
- Students who do not meet the summer attendance requirements and fail phase 1 may be required to take private lessons.

*Beginning September 2, 2019 (DTC Adults will have candidate class on 8/28)*

- 2 regular classes each week
- 1 sparring class each week
- 1 candidate class each week
  - DTC Adults Wednesdays 7:40-8:40
  - DTC Children 1<sup>st</sup> Degree Candidates Fridays 4:30-5:30
  - DTC Children 2<sup>nd</sup> Degree Candidates 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 1<sup>st</sup> degree candidates, additional terminology)
- 1-step sparring
- Endurance
- Sparring
- Breaking
- Knife defense (2<sup>nd</sup> and 3<sup>rd</sup> 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 (available online; [www.jwkimtkd.com](http://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. Elementary and middle school students will submit an outline by October 1. Essay Drafts for all candidates are due by December 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 is provided.

#### **Community Service**

- Kick-A-Thon benefiting the Black Belt Foundation (date to be determined)
- 1 outside of TKD (2<sup>nd</sup> and 3<sup>rd</sup> 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**

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

#### **Belt Test**

- The test will be late February or early March.

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



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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: September 2019	Phase 2: October 2019	Phase 3: November 2019	Phase 4: December 2019	Phase 5: January 2020
1 <sup>st</sup> Degree	<b>Forms:</b> Chonji, Dangun, Taeguk II Jang, Taeguk Yi Jang, & Taeguk Pal Jang <ul style="list-style-type: none"> <li>Corresponding Hand Techniques and Stances</li> </ul> <b>1-Step Sparring:</b> Blue (Hand Techniques) <b>Self-Defense:</b> White – Orange (9 Target Area & Rule of Thumb) <b>Falling:</b> Front & Back from knees <b>Korean:</b> First six kicks on page 10 of manual  <i>Meet attendance requirements</i>	<b>Forms:</b> Taekgeuk Chil Jang <ul style="list-style-type: none"> <li>Corresponding Hand Techniques and Stances</li> </ul> <b>1-Step Sparring:</b> Red (Kicking Techniques) <b>Self-Defense:</b> Green & Purple (Single hand and double hand wrist grabs) <b>Falling:</b> Right & Left from knees <b>Korean:</b> First 12 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Forms:</b> Taeguk Oh Jang & Taeguk Yuk Jang <ul style="list-style-type: none"> <li>Corresponding Hand Techniques and Stances</li> </ul> <b>1-Step Sparring:</b> High Red (Takedowns) <b>Self-Defense:</b> Blue & Red (Collar grabs, Hair Grabs, Shaking Hands) <b>Rolling:</b> Front & Back from knees <b>Korean:</b> First 18 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Forms:</b> Taeguk Sam Jang & Taeguk Sa Jang <ul style="list-style-type: none"> <li>Corresponding Hand Techniques and Stances</li> </ul> <b>1-Step Sparring:</b> Brown (Chokes & Joint Locks) <b>Self-Defense:</b> High Red & Brown (Shoulder Grabs, Bear Hugs, and Head Lock) <b>Falling &amp; Rolling:</b> All from standing <b>Korean:</b> First 24 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Korean:</b> All kicks on page 10 of manual  <i>Full curriculum should be known at this time</i>
2 <sup>nd</sup> Degree	<b>Forms:</b> Taeguk 1-8, Koryo, Chonji, Dangun, Dosan, Won Yo <ul style="list-style-type: none"> <li>Corresponding Hand Techniques and Stances</li> </ul> <b>Knife:</b> 1-2 <b>1-Step Sparring:</b> 3 Hand Techniques <b>Korean:</b> First six kicks on page 10 of manual <b>Self-Defense:</b> Color Belt Curriculum <b>Falling:</b> Front & Back from knees  <i>Meet attendance requirements</i>	<b>Forms:</b> Joon Goon <ul style="list-style-type: none"> <li>Corresponding Hand Techniques and Stances</li> </ul> <b>Knife:</b> 3-4 <b>1-Step Sparring:</b> 3 Kicking Techniques <b>Korean:</b> First 12 kicks on page 10 of manual <b>Self-Defense:</b> Black belt wrist grabs w/counters <b>Falling:</b> Right & Left from knees  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Forms:</b> Yul Guk <ul style="list-style-type: none"> <li>Corresponding Hand Techniques and Stances</li> </ul> <b>Knife:</b> 5-6 <b>1-Step Sparring:</b> 3 Takedowns <b>Self-Defense:</b> Black belt hair & collar w/counters <b>Rolling:</b> Front & Back from knees <b>Korean:</b> First 18 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Forms:</b> All <ul style="list-style-type: none"> <li>Corresponding Hand Techniques and Stances</li> </ul> <b>1-Step Sparring:</b> 3 Joint lock/choke <b>Self-Defense:</b> Black belt head lock and bear hug w/counters <b>Falling &amp; Rolling:</b> All falls & rolls from standing up <b>Korean:</b> First 24 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Korean:</b> All kicks on page 10 of manual  <i>Full curriculum should be known at this time</i>
3 <sup>rd</sup> Degree	<b>Forms:</b> WT 1-10, ITF 1-9 <ul style="list-style-type: none"> <li>Corresponding Hand Techniques and Stances</li> </ul> <b>Knife:</b> 1-6 <b>1-Step Sparring:</b> 3 Hand Techniques <b>Self-Defense:</b> Color Belt Curriculum <b>Falling:</b> Front & Back from knees <b>Korean:</b> First six kicks on page 10 of manual  <i>Meet attendance requirements</i>	<b>Forms:</b> Kwan Gae <ul style="list-style-type: none"> <li>Corresponding Hand Techniques and Stances</li> </ul> <b>Knife:</b> 7-8 <b>1-Step Sparring:</b> 3 Kicking Techniques <b>Self-Defense:</b> Black belt wrist and hair grabs <b>Falling:</b> Right & Left from knees <b>Korean:</b> First 12 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Forms:</b> Taebaek <ul style="list-style-type: none"> <li>Corresponding Hand Techniques and Stances</li> </ul> <b>Knife:</b> 9-10 <b>1-Step Sparring:</b> 3 Takedowns <b>Self-Defense:</b> Black belt collar and head lock <b>Rolling:</b> Front & Back from knees <b>Korean:</b> First 18 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>1-Step Sparring:</b> 3 Joint lock/choke <b>Self-Defense:</b> Black belt bear hug <b>Knife:</b> 11-12 <b>Falling &amp; Rolling:</b> All falls & rolls from standing up <b>Korean:</b> First 24 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Korean:</b> All kicks on page 10 of manual  <i>Full curriculum should be known at this time</i>

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### **Candidate Contract**

Please sign and return to your instructor by Wednesday, September 4, 2019

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