



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 2, 2020

- 2 regular classes each week
- 1 sparring class each week
- 1 candidate class each week
 - DTC 1st Degree Children Fridays 4:30-5:30
 - DTC 2nd Degree Children 5:40-6:40
 - DTC All 3rd Degree & 1st Degree Adult Fridays 6:50-7:50
 - Castle Pines Children All Ranks on Fridays 6:35-7:35
 - Castle Pines Adult All Ranks on Wednesdays 8:30-9:15

Physical Belt Test Curriculum

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

*Contact drills will not be done at the beginning of candidacy and will be determined as we go based on the COVID status.

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 February.*
- **Essay** Instructors will assign students prompts that are **not** in the manual. Elementary and middle school students will submit an outline by January 1. Essay Drafts for all candidates are due by March 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 or other event 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.

*Subject to COVID status

Belt Test

- The test is expected to be the weekend(s) of May 8 and/or 15 but will be confirmed at a later date.

*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: November 2020	Phase 2: December 2020	Phase 3: January 2021	Phase 4: February 2021	Phase 5: March 2021
1 st Degree	Forms: Chonji, Dangun, & Taegeuk Pal Jang <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances Falling: Front & Back from knees Korean: First six kicks on page 10 of manual <ul style="list-style-type: none"> Adults: First five stances/ hand techniques on page 11 of manual <i>Meet attendance requirements</i>	Forms: Taekgeuk Chil Jang, Taegeuk II Jang <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances Falling: Right & Left from knees Korean: First 12 kicks on page 10 of manual <ul style="list-style-type: none"> Adults: First 10 stances/ hand techniques on page 11 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 Rolling: Front & Back from knees Korean: First 18 kicks on page 10 of manual <ul style="list-style-type: none"> Adults: First 15 stances/ hand techniques on page 11 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 Falling & Rolling: All from standing Korean: First 24 kicks on page 10 of manual <ul style="list-style-type: none"> Adults: First 20 stances/ hand techniques on page 11 of manual <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Forms: Taegeuk Yi Jang <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances Korean: All kicks on page 10 of manual <ul style="list-style-type: none"> Adults: All stances/ hand techniques on page 11 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 Falling: Front & Back from knees Korean: First six kicks on page 10 of manual <i>Meet attendance requirements</i>	Forms: Dosan, Won Yo <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances 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: Choon Gun <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances 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 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 1-7 <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances Falling: Front & Back from knees Korean: First six kicks on page 10 of manual <i>Meet attendance requirements</i>	Forms: Hwarang, Chong Mu <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances 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: Kwangae <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances 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: Taebaek <ul style="list-style-type: none"> Corresponding Hand Techniques and Stances 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>

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Candidate Contract

Please sign and return to your instructor by Wednesday, October 28, 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