



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 April 2, 2018

- 2 regular classes each week
- 1 sparring class each week
- 1 candidate class each week
 - DTC Adults on Wednesdays 7:35-8:35
 - DTC Children on Fridays 4:30-5:45
 - Castle Pines 1st Degree on Fridays 5-6
 - Castle Pines 2nd & 3rd Degree on Fridays 6-7

Physical Belt Test Curriculum

- Forms
- Korean (Kicks for all candidates, hand techniques for adult 1st degree candidates)
- 1-step sparring
- Knee sparring (1st and 2nd degree candidates)
- Endurance
- Sparring
- Breaking
- Knife defense (2nd and 3rd degree candidates)
- Self-Defense
- Ground Defense (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.
- **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.
- **Essay** (Instructors will assign students prompts that are **not** in the manual)

Homework

- 2050 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
- 24 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

- 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 September 29.



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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: April 2018	Phase 2: May 2018	Phase 3: June 2018	Phase 4: July 2018	Phase 5: August 2018
1 st Degree	Forms: Chonji, Dangun, Taegeuks 1, 2, & 8 Knee Sparring: 1-8, basic concepts 1-Step Sparring: 5 Kicking Counters Hand Techniques: Hand on belt, techniques corresponding to forms Korean: White belt kicks Self-Defense: White - Orange Falling: Front & Back from knees <i>Meet attendance requirements</i>	Forms: Taekgeuk 7 Knee Sparring: 1-8, effective 1 st step 1-Step Sparring: 5 Hand/Elbow Counters Stances: Front & Walking Hand Techniques: Techniques corresponding to forms Korean: Yellow belt kicks Self-Defense: Green & Purple Falling: Right & Left from knees Essay: Draft <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Forms: Taegeuk 5-6 Knee Sparring: 1-8, precise counters 1-Step Sparring: 5 Takedowns Stances: Back & Tiger Hand Techniques: 2 hand chamber, techniques corresponding to forms Korean: Orange belt kicks Self-Defense: Blue & Red Rolling: Front & Back from knees <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Forms: Taegeuk 3-4 1-Step Sparring: 5 Joint lock/choke Stances: Horse and L Hand Techniques: Techniques corresponding to forms Korean: Butterfly, Jumping back, Jumping spinning hook Self-Defense: All Falling & Rolling: All falls & rolls from standing up Essay: Final paper <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	<i>Full curriculum should be known at this time</i> Report Card: Provide most recent report card.
2 nd Degree	Forms: WTF 1-9, ITF 1-4 Knife: 1-2 Knee Sparring: 2 Techniques Hand Techniques: Hand on belt, techniques corresponding to forms Stances: Front & Walking 1-Step Sparring: 5 Kicking Counters Korean: All kicks Self-Defense: Color Belt Curriculum Falling: Front & Back from knees <i>Meet attendance requirements</i>	Forms: Joon Goon Knife: 3-4 Knee Sparring: 4 Techniques 1-Step Sparring: 5 Hand/Elbow Counters Stances: Back, Tiger, Horse Hand Techniques: 2 hand chamber, techniques corresponding to forms 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 Knee Sparring: 6 Techniques 1-Step Sparring: 5 Takedowns Hand Techniques: Techniques corresponding to forms Self-Defense: Black belt hair & collar w/counters Rolling: Front & Back from knees Essay: Draft <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Forms: All Knee Sparring: 8 Techniques 1-Step Sparring: 5 Joint lock/choke Self-Defense: Black belt head lock and bear hug w/counters Falling & Rolling: All falls & rolls from standing up <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	<i>Full curriculum should be known at this time</i> Report Card: Provide most recent report card. Essay: Final paper
3 rd Degree	Forms: WTF 1-10, ITF 1-9; Looking prior to changing direction Knife: 1-6 1-Step Sparring: 5 Kicking Counters Korean: All kicks 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: 5 Hand/Elbow Counters Self-Defense: Black belt wrist, hair, and collar grabs with counters Falling: Right & Left from knees <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	Forms: Taebaek Knife: 9-10 1-Step Sparring: 5 Takedowns Self-Defense: Black belt head lock and bear hugs w/counters Rolling: Front & Back from knees Essay: Draft <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	1-Step Sparring: 5 Joint lock/choke Knife: 11-12 Self Defense: Choke, arm bar, and basic ground defense Falling & Rolling: All falls & rolls from standing up <i>Meet attendance requirements</i> <i>All previous phase requirements</i>	<i>Full curriculum should be known at this time</i> Report Card: Provide most recent report card. Essay: Final paper

*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, April 2, 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