



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

Black Belt Testing Requirements and Contract*

Communication

- E-mails will be sent frequently – It is important candidates read these emails.
- Black belt testing website: <http://www.jwkimtkd.com/blackbeltesting.html>. Accessible under “Current Students” on the website.

Attendance

By April 1, 2024

- Meet candidate attendance eligibility requirements

Beginning April 1, 2024

- Each week students are required to attend 2 regular classes, 1 sparring class, and 1 candidate class. Candidate class schedule as follows:
 - Castle Pines candidates ages 13 and older: Tuesdays from 8-9
 - Castle Pines candidates ages 12 and younger: Fridays 7:00-8:00
 - DTC:
 - April & May
 - Candidates elementary age: Fridays 4:30-5:30
 - Candidates middle school ages: Fridays 5:40-6:40
 - Candidates high school and older: Fridays 6:50-7:50
 - June – September
 - Ages 13 and under: 4:30-5:30
 - Ages 14 and older: 5:40-6:40

Students can miss a maximum of two candidate classes without having to have a plan to make them up. All other missed classes should be made up at the student's earliest convenience. Private lessons may be required until students are caught up on classes and curriculum.

Physical Belt Test Curriculum

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

Mental Requirements

- **Written test** will be approximately two to three weeks prior to the belt testing. This is required for all candidates and will cover mental requirements from white belt through your current ranks as well as concepts discussed in classes.
- **Report card** reflecting a B average (or equivalent) for students. *Submit your end of year grades in May and June.*
- **Essay** Instructors will assign students prompts that are **not** in the manual. 1st degree candidates who are 8th grade or younger will have three written assignments. #1 will be due by April 1, #2 by June 1, and #3 with your application packet one week prior to testing. 1st degree candidates who are in high school or older and all 2nd and 3rd degree candidates will submit an essay draft by June 1. Final essays will be due with your application packet one week before the belt test. Drafts should be submitted with final essay.

Homework

- 2050 push-ups (last 50 at the belt test)
- 3050 sit-ups (last 50 at the belt test)
 - These push ups and sit ups are to be done outside of class between April 1 and September 29. Pushups done in classes DO NOT count for your homework.
- 18 Hours of home practice from April 1 through September 29.
- 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 reflecting on their experience

Belt Test and Candidate Class Assistance

- 2nd & 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 tentatively scheduled for October 5th at 2PM
- Written test will be approximately 3 weeks prior to the belt test

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



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Phase Table

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 2024	Phase 2: May 2024	Phase 3: June 2024	Phase 4 Pretest: August 2024
1 st Degree	Forms: Chonji, Dangun, Taegeuk Il Jang, Taegeuk Yi Jang, & Taegeuk Pal Jang 1-Step Sparring: Blue (Hand Techniques) Self-Defense: White – Orange (9 Target Area & Rule of Thumb) Falling: Front & Back from knees Korean: First six kicks on page 10 of manual <i>Meet attendance requirements</i>	Forms: Taekgeuk Chil Jang 1-Step Sparring: Red (Kicking 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 1-Step Sparring: High Red (Takedowns) 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 1-Step Sparring: Brown (Chokes & Joint Locks) Self-Defense: High Red & Brown (Shoulder Grabs, Bear Hugs, and Head Lock) Falling & Rolling: All from standing Korean: All kicks on page 10 of manual <i>Meet attendance requirements</i> <i>All previous phase requirements</i>
2 nd Degree	Forms: Taegeuk 1-8, Koryo, Chonji, Dangun, Dosan, Won Yo 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: Joon Goon Knife: 3-4 1-Step Sparring: 3 Kicking Techniques Korean: First 12 kicks on page 10 of manual Self-Defense: Black belt wrist grabs 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 Self-Defense: Black belt hair & collar grabs 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 bear hugs and head lock Falling & Rolling: All falls & rolls from standing up Korean: All kicks on page 10 of manual <i>Meet attendance requirements</i> <i>All previous phase requirements</i>
3 rd Degree	Forms: WT 1-10, ITF 1-9 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 Knife: 7-8 1-Step Sparring: 3 Kicking Techniques Self-Defense: Black belt 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: Taebaek Knife: 9-10 1-Step Sparring: 3 Takedowns Self-Defense: Black belt hair & collar grabs 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 bear hugs & head locks Knife: 11-12 Falling & Rolling: All falls & rolls from standing up Korean: All kicks on page 10 of manual <i>Meet attendance requirements</i> <i>All previous phase requirements</i>

Note: Forms include the pattern and all corresponding stances and hand techniques.

Candidate Contract

Please sign and return to your instructor by Saturday, March 23, 2024.

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