



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>. Can be accessed under “Current Students” menu on the website.

Attendance

Beginning April 4, 2022

- 2 regular classes each week
- 1 sparring class each week
- 1 candidate class each week (Must wear full dobok)
 - DTC Adults & 3rd Degree Wednesdays 7:30-8:30
 - DTC Children 1st & 2nd Degree Candidates Fridays 5:00-6:00
 - Castle Pines All Candidates Fridays 7:00-8:00

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
- Breaking
- Knife defense (2nd and 3rd degree candidates)
- Self-Defense
- Falling/Rolling

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: Be sure you have the manual with the red cover.*
- **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. *Submit your end of year report card in June.*
- **Essay** Instructors will assign students prompts that are **not** in the manual. Elementary and middle school students will submit an outline by June 1. Essay Drafts for all candidates are due by August 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

- 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 from April 1 until application packets are submitted
- 3050 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 from April 1 until application packets are submitted
 - 18 Hours of home practice from April 1 until application packets are submitted
- 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 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 weekends of October 1
- Written test will be approximately 2-3 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.



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

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 2022	Phase 2: May 2022	Phase 3: June 2022	Phase 4: July 2022	Phase 5: <i>Pretest</i> August 2022
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: 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>
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: White – Orange (9 Target Area & Rule of Thumb) 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: Green & Purple (Single hand and double hand 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: 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: All 1-Step Sparring: 3 Joint lock/choke Self-Defense: High Red & Brown (Shoulder Grabs, Bear Hugs, and Head Lock) 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 1-9 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: 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>

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

Candidate Contract

Please sign and return to your instructor by Saturday, April 2, 2022

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