



MIDTOWN TAEKWONDO

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Dear MTKD Black Belt,

As you may have already realized, being a black belt at Midtown TKD is an amazing accomplishment that not many people get to experience. With this achievement, comes many responsibilities, such as demonstrating the tenets of taekwondo not only in the taekwondo school, but in your everyday life. It also means that you will be held to a higher standard than colored belt students. This is especially true as you begin to advance through the ranks. We wanted to take a second to outline our testing expectations for our black belt students.

1. **Time at Rank** – The CTF provides time at rank requirements that state that you need to be consistently training for a minimum amount of time. For example, if you are a new first degree and have a one year minimum time at rank, you cannot “take a break” for 8 months out of your one year, and expect to test four months after you return. You have to be training consistently up to your testing date. If you need to take a small break from classes for a while, that is fine, but you must expect to make up your time upon your return. It is also notable that the CTF time at rank is a MINIMUM time requirement, and by no means is an automatic testing date.
2. **Knowledge of Content** – It should go without saying that you need to know all of your material in order to test.
 - a. Patterns – In preparing for testing at black belt, you should know all patterns and meanings up to your rank extremely well. You should not be struggling to get through them and expect to be ready to test two weeks later.
 - b. Sparring – As a black belt, you should be confident in your sparring abilities. You should be able to bow in across from anyone and exhibit control and be a partner that is working to improve not only yourself, but also your partner.
 - c. Board Breaking – It is very rare that we will work on testing board breaking during class at the black belt level. It is up to you to work on this after class, and there are plenty of people willing to hold pads while you practice. We are more than happy to help you with this, but it is your responsibility to prepare yourself for the board breaking portion of testing.
3. **Application to Test** – As we mentioned previously, minimum time at rank is not an automatic testing date. You must request permission to test at least SIX WEEKS prior to your planned testing date. At this point, Master or Mrs. Miller will schedule a time to speak with you and evaluate your testing potential.

We hope that this gives you some very clear insight on what is required of a black belt. If you have any questions at all, please do not hesitate to ask.

Sincerely,

Master Steven Miller
Mrs. Tara Miller