



**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/blackbelttesting.html>. Accessible under “Current Students” on the website.

#### **Attendance**

*By November 1, 2022*

- Meet candidate attendance eligibility requirements

*Beginning November 1, 2022*

- 2 regular classes each week
- 1 sparring class each week
- 1 candidate class each week (Must wear full dobok)
  - DTC 1<sup>st</sup> Degree Candidates Fridays 4:30-5:45
  - DTC 2<sup>nd</sup> & 3<sup>rd</sup> Degree Candidates Fridays 5:30-6:45
  - Castle Pines All Candidates Fridays 7:00-8:00 (*Castle Pines will begin candidate classes on November 11*)

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 1<sup>st</sup> degree candidates, additional terminology)
- 1-step sparring
- Endurance
- Sparring
- Breaking
- Knife defense (2<sup>nd</sup> and 3<sup>rd</sup> 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](http://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. *Submit your first semester grades in January.*
- **Essay** Instructors will assign students prompts that are **not** in the manual. Elementary and middle school students will submit an outline by February 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**

- 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 November 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 November 1 until application packets are submitted
  - 18 Hours of home practice from November 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 (2<sup>nd</sup> and 3<sup>rd</sup> degree)
  - Students will be required to write a 1 page paper reflecting on their experience

#### **Belt Test and Candidate Class Assistance**

- 2<sup>nd</sup> and 3<sup>rd</sup> degree candidates will need to assist at 1 belt test. (2-3 candidates per test)
- 3<sup>rd</sup> degree candidates will be asked to assist in the training of 1st and/or 2nd degree candidates.

#### **Belt Test**

- The test will be in May, likely the weekend of May 12-14
- 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.



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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...	<b>Phase 1:</b> November 2022	<b>Phase 2:</b> December 2022	<b>Phase 3:</b> January 2023	<b>Phase 4:</b> February 2023	<b>Phase 5: Pretest</b> March 2023
1 <sup>st</sup> Degree	<b>Forms:</b> Chonji, Dangun, Taegeuk Il Jang, Taegeuk Yi Jang, & Taegeuk Pal Jang <b>1-Step Sparring:</b> Blue (Hand Techniques) <b>Self-Defense:</b> White – Orange (9 Target Area & Rule of Thumb) <b>Falling:</b> Front & Back from knees <b>Korean:</b> First six kicks on page 10 of manual  <i>Meet attendance requirements</i>	<b>Forms:</b> Taekgeuk Chil Jang <b>1-Step Sparring:</b> Red (Kicking Techniques) <b>Self-Defense:</b> Green & Purple (Single hand and double hand wrist grabs) <b>Falling:</b> Right & Left from knees <b>Korean:</b> First 12 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Forms:</b> Taegeuk Oh Jang & Taegeuk Yuk Jang <b>1-Step Sparring:</b> High Red (Takedowns) <b>Self-Defense:</b> Blue & Red (Collar grabs, Hair Grabs, Shaking Hands) <b>Rolling:</b> Front & Back from knees <b>Korean:</b> First 18 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Forms:</b> Taegeuk Sam Jang & Taegeuk Sa Jang <b>1-Step Sparring:</b> Brown (Chokes & Joint Locks) <b>Self-Defense:</b> High Red & Brown (Shoulder Grabs, Bear Hugs, and Head Lock) <b>Falling &amp; Rolling:</b> All from standing <b>Korean:</b> First 24 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Korean:</b> All kicks on page 10 of manual  <i>Full curriculum should be known at this time</i>
2 <sup>nd</sup> Degree	<b>Forms:</b> Taegeuk 1-8, Koryo, Chonji, Dangun, Dosan, Won Yo <b>Knife:</b> 1-2 <b>1-Step Sparring:</b> 3 Hand Techniques <b>Korean:</b> First six kicks on page 10 of manual <b>Self-Defense:</b> Color belt curriculum <b>Falling:</b> Front & Back from knees  <i>Meet attendance requirements</i>	<b>Forms:</b> Joon Goon <b>Knife:</b> 3-4 <b>1-Step Sparring:</b> 3 Kicking Techniques <b>Korean:</b> First 12 kicks on page 10 of manual <b>Self-Defense:</b> Black belt wrist grabs <b>Falling:</b> Right & Left from knees  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Forms:</b> Yul Guk <b>Knife:</b> 5-6 <b>1-Step Sparring:</b> 3 Takedowns <b>Self-Defense:</b> Black belt hair & collar grabs <b>Rolling:</b> Front & Back from knees <b>Korean:</b> First 18 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Forms:</b> All <b>1-Step Sparring:</b> 3 Joint lock/choke <b>Self-Defense:</b> Black belt bear hugs and head lock <b>Falling &amp; Rolling:</b> All falls & rolls from standing up <b>Korean:</b> First 24 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Korean:</b> All kicks on page 10 of manual  <i>Full curriculum should be known at this time</i>
3 <sup>rd</sup> Degree	<b>Forms:</b> WT 1-10, ITF 1-9 <b>Knife:</b> 1-6 <b>1-Step Sparring:</b> 3 Hand Techniques <b>Self-Defense:</b> Color belt curriculum <b>Falling:</b> Front & Back from knees <b>Korean:</b> First six kicks on page 10 of manual  <i>Meet attendance requirements</i>	<b>Forms:</b> Kwan Gae <b>Knife:</b> 7-8 <b>1-Step Sparring:</b> 3 Kicking Techniques <b>Self-Defense:</b> Black belt wrist grabs <b>Falling:</b> Right & Left from knees <b>Korean:</b> First 12 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Forms:</b> Taebaek <b>Knife:</b> 9-10 <b>1-Step Sparring:</b> 3 Takedowns <b>Self-Defense:</b> Black belt hair & collar grabs <b>Rolling:</b> Front & Back from knees <b>Korean:</b> First 18 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Forms:</b> All <b>1-Step Sparring:</b> 3 Joint lock/choke <b>Self-Defense:</b> Black belt bear hugs & head locks <b>Knife:</b> 11-12 <b>Falling &amp; Rolling:</b> All falls & rolls from standing up <b>Korean:</b> First 24 kicks on page 10 of manual  <i>Meet attendance requirements</i>  <i>All previous phase requirements</i>	<b>Korean:</b> 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, October 29, 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.

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Student Name (Print)

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Student Signature

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/ /  
Date

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Parent/Guardian Signature  
(if candidate is under 16)

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/ /  
Date