



**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 November 2, 2024*

- Meet candidate attendance eligibility requirements

*Beginning November 4, 2024*

- Each week students are required to attend 2 regular classes, 1 sparring class, and 1 candidate class. Candidate class schedule as follows:
  - DTC Ages 20 and older: Fridays 12:00-12:50
  - DTC 6<sup>th</sup> grade and younger: Fridays 4:30-5:30
  - DTC 7<sup>th</sup> grade and older: Fridays 5:40-6:40
  - Castle Pines candidates ages 13 and older: Tuesdays from 8-9
  - Castle Pines candidates ages 12 and younger: Fridays 7:00-8:00
  - Highlands Ranch students will choose either DTC or Castle Pines candidate class for their age. They should attend the same one throughout candidacy.

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
- Board 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 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 first semester or 2<sup>nd</sup> trimester grades by February.*
- **Essay** Instructors will assign students prompts that are **not** in the manual. 1<sup>st</sup> degree candidates who are 8<sup>th</sup> grade or younger will have three written assignments. #1 will be due by November 1, #2 January 17, and #3 with your application packet one week prior to testing. 1<sup>st</sup> degree candidates who are in high school or older and all 2<sup>nd</sup> and 3<sup>rd</sup> degree candidates will submit an essay draft by January 17. 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 November 1 and April 27. Pushups done in classes DO NOT count for your homework.
- 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> & 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 is tentatively scheduled for the weekend of May 9-11
- 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: December 2024	Phase 2: January 2024	Phase 3: March 2024
1 <sup>st</sup> Degree	<p><b>Forms:</b> Chonji, Dangun, Taegeuk Il Jang, Taegeuk Yi Jang, &amp; Taegeuk Pal Jang  <b>1-Step Sparring:</b> Blue &amp; Red Belts (Hand Techniques And Kicking)  <b>Self-Defense:</b> White – Purple (9 Target Areas &amp; Wrist Grabs)  <b>Falling:</b> All Falls From Knees  <b>Korean:</b> First 10 Kicks On Page 10 Of Manual</p> <p><i>Meet Attendance Requirements</i></p>	<p><b>Forms:</b> Taegeuk Chil Jang, Taegeuk Yuk Jang  <b>1-Step Sparring:</b> High Red (Takedowns)  <b>Self-Defense:</b> Blue &amp; Red (Collar Grabs, Hair Grabs, Shaking Hands)  <b>Rolling:</b> All From Knees  <b>Korean:</b> First 20 Kicks On Page 10 Of Manual</p> <p><i>Meet Attendance Requirements</i></p> <p><i>All Previous Phase Requirements</i></p>	<p><b>Forms:</b> Taegeuk Oh Jang, Taegeuk Sa Jang, Taegeuk Sam Jang  <b>1-Step Sparring:</b> Brown (Chokes &amp; Joint Locks)  <b>Self-Defense:</b> High Red &amp; Brown (Shoulder Grabs, Bear Hugs, And Head Lock)  <b>Falling &amp; Rolling:</b> All From Standing  <b>Korean:</b> All Kicks On Page 10 Of Manual</p> <p><i>Meet Attendance Requirements</i></p> <p><i>All Previous Phase Requirements</i></p>
2 <sup>nd</sup> Degree	<p><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 &amp; 3 Kicking Techniques  <b>Self-Defense:</b> Color Belt Curriculum  <b>Falling:</b> All From Knees  <b>Korean:</b> First 10 Kicks On Page 10 Of Manual</p> <p><i>Meet Attendance Requirements</i></p>	<p><b>Forms:</b> Joon Goon  <b>Knife:</b> 3-4  <b>1-Step Sparring:</b> 3 Takedowns  <b>Self-Defense:</b> Black Belt Wrist &amp; Collar Grabs  <b>Rolling:</b> All From Knees  <b>Korean:</b> First 20 Kicks On Page 10 Of Manual</p> <p><i>Meet Attendance Requirements</i></p> <p><i>All Previous Phase Requirements</i></p>	<p><b>Forms:</b> Yul Guk  <b>Knife:</b> 5-6  <b>1-Step Sparring:</b> 3 Chokes &amp; Joint Locks  <b>Self-Defense:</b> Black Belt Hair Grabs, Bear Hug, And Head Lock  <b>Falling &amp; Rolling:</b> All From Standing  <b>Korean:</b> All Kicks On Page 10 Of Manual</p> <p><i>Meet Attendance Requirements</i></p> <p><i>All Previous Phase Requirements</i></p>
3 <sup>rd</sup> Degree	<p><b>Forms:</b> WT 1-10, ITF 1-9  <b>Knife:</b> 1-6  <b>1-Step Sparring:</b> 3 Hand Techniques &amp; 3 Kicking Techniques  <b>Self-Defense:</b> Color Belt Curriculum  <b>Falling:</b> All From Knees  <b>Korean:</b> First 10 Kicks On Page 10 Of Manual</p> <p><i>Meet Attendance Requirements</i></p>	<p><b>Forms:</b> Kwan Gae  <b>Knife:</b> 7-9  <b>1-Step Sparring:</b> 3 Takedowns  <b>Self-Defense:</b> Black Belt Wrist &amp; Collar Grabs  <b>Rolling:</b> All From Knees  <b>Korean:</b> First 20 Kicks On Page 10 Of Manual</p> <p><i>Meet Attendance Requirements</i></p> <p><i>All Previous Phase Requirements</i></p>	<p><b>Forms:</b> Taebaek  <b>Knife:</b> 10-12  <b>1-Step Sparring:</b> 3 Chokes &amp; Joint Locks  <b>Self-Defense:</b> Black Belt Hair Grabs, Bear Hug, And Head Lock  <b>Falling &amp; Rolling:</b> All From Standing  <b>Korean:</b> All Kicks On Page 10 Of Manual</p> <p><i>Meet Attendance Requirements</i></p> <p><i>All Previous Phase Requirements</i></p>

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

**Candidate Contract**

Please sign and return to your instructor by Saturday, October 26.

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