



To the Black Belt in Training,

These 9 steps have been created to help broaden your horizons, ability, and to increase your understanding of being a black belt. Enjoy, and learn from each step.

The first step is to create a “Black Belt” notebook. Many of the listed activities require reports or written documentation and logs. Include this material in your notebook, and submit the notebook to your instructor two weeks prior to your final Black Belt testing. Please type all papers and present them in a professional manner. Do not just staple your papers together.

If you have any questions about the requirements, please ask your instructor. Also, parents are strongly encouraged to help participate in these steps. You've helped so much so far, now is no different.

- 1) **Taekwondo History-** For this step, pick TWO of the following topics and write a report on each. Each report must be a minimum of 250 words, and should demonstrate an age-appropriate knowledge of the topic you choose.
  1. History of the ATA
  2. Personal history of Eternal Grandmaster H.U. Lee
  3. General History of Taekwondo and its origin
- 2) **Mental/Knowledge** ~ The meaning of the 1<sup>st</sup> Degree Black Belt is “Planting seeds for the future”. In this step students will memorize the 3 beginners forms, this is first step in leading others who are starting their Taekwondo journey:
  - Songahm 1, 2, and 3 will demonstrated to an instructor either prior to or during Black Belt Testing. (1-steps not required)
- 3) **Leadership** ~ Leading by example is an important part of being a black belt. In this step students will give back 9 hours to the school or community. This can take form in helping with classes, anything below your rank. White, Orange, Yellow classes are encouraged as it will also help students with Step 2 of this manual. Community Service is an also an option for this step, Examples include church activities, local soup kitchens, etc. Community service is not doing the dishes for free at home; it must be helping others in your community. This step must be documented with descriptions of what the student did.
- 4) **Perfection** ~ While true perfection can never be accomplished we can strive to come close. It is important that students practice there material outside the class room to prepare for testing. Students are required to attend 1 Black Belt Prep class This allows an instructor to give personalized feedback to the student on their forms, sparring and board breaks.



- 5) **Courage** ~ We all have daily battles, and things that we are afraid of. Students in this step will demonstrate courage by competing in at least one Regional Tournament. Tournaments and regional events are a great place to meet new people and also have new people help you with your Taekwondo. Enjoy this opportunity!

*Log the location and date of your tournament. Write a short paper of your experience. List anyone you met or competed with, as well as anything you would change about your competition performance.*

- 6) **Reflection**~ Final paper. “What Being a Black Belt Means to Me.” Everyone has their own reason for starting in Martial Arts. Take some time to truly reflect on what attaining this belt means to you and how it will help you in the future.

*-The last 3 Steps are performed at testing; you must pass each step to move to the next -*

- 7) **Fit Test** ~ A Black Belt must be an example to all, mentally as well as physically. In this step you will demonstrate physical improvements. To pass the Fit Test, students must complete all events within the designated time while still demonstrating strong technique.
- 8) **Black Belt Testing**~ The testing is paneled by Master Judges and High Ranks of ATAFMA. Students must demonstrate their Form, Sparring and Board Breaks. Each demonstration is a pass/fail. Students must have a passing grade in each event in order to receive their 1<sup>st</sup> Degree Black Belt.
- 9) **Black Belt Ceremony**~ Congratulations, if you have made this far, you have passed all the requirements to earn your 1<sup>st</sup> degree Black Belt. This formal ceremony mirrors the masters’ ceremony held at World Championships every year. It will take place immediately following the Black Belt testing.

Earning the rank of Black Belt is a journey. And the saying of, “It's not the destination, it's how you got there,” has never been more appropriate. As you become close to your goal, your instructors hope you will set new goals. At 1<sup>st</sup> Degree Black Belt you have just **begun** to understand all that Taekwondo has to offer, and how this training applies to and benefits so many other areas of your life. You should be recognizing what you are truly capable of accomplishing. This is indeed an amazing accomplishment, and one that you should remember for the rest of your life! Reflect on how far you have come, and understand how far you can still go!

1<sup>st</sup> Degree Black Belt is not the end of the journey; it’s the beginning of the next.

Enjoy your journey,  
ATA Family Martial Arts



## **Step 1 - Taekwondo History**

**Please attach your papers in your manual**



## Step 2- Knowledge

<u>Songahm 1</u>	<u>Songahm 2</u>	<u>Songahm 3</u>
1. L High Block 2. R Reverse Punch 3. R #2 Front Kick 4. R Low Block 5. L Step and Punch <b>--Direction Change--</b> 6. R Inner Fore-Arm Block 7. R #3 Side Kick* 8. R Knife Hand Strike 9. L Step and Pucnh 10. R High Block 11. L Reverse Punch 12. L #2 Front Kick 13. L Low Block 14. R Step and Punch <b>--Direction Change--</b> 15. L Inner Fore-Arm Block 16. L #3 Side Kick* 17. L Knife Hand Strike 18. R Step and Punch  *Denotes Ki-Hap	1. L Double Outer Fore-Arm Block 2. L #3 Front Kick 3. R Reverse Punch 4. R #2 Round Kick 5. - Twin Low Block <b>--Direction Change--</b> 6. L Outer Fore-Arm Block 7. R Reverse Punch 8. R Outer Fore-Arm Block 9. L Reverse Punch <b>--Direction Change--</b> 10. L Knife hand strike* 11. R #2 Round Kick 12. R Double Outer Fore-Arm Block 13. R #3 Front Kick 14. L Reverse Punch 15. L #2 Round Kick 16. - Twin Low Block <b>--Direction Change--</b> 17. R Low Block 18. L Back Fist 19. L Low Block 20. R Back Fist <b>--Direction Change--</b> 21. R Knife hand strike* 22. L #2 Round Kick 23. L Double Outer Fore-Arm Block  *Denotes Ki-Hap	1. L Knife Hand Strike 2. L Double Knife Hand Block 3. R #3 Front Kick 4. L #2 Round Kick 5. L Knife Hand Low Block 6. L High Block 7. R Punch* 8. L Punch* <b>--Direction Change--</b> 9. R Spear Hand 10. L Spear Hand 11. R Low Block 12. L Reverse Punch 13. R #3 Jump Front Kick 14. L Reverse Punch 15. L Low Block 16. R Reverse Punch 17. L #3 Jump Front Kick* 18. R Reverse Punch 19. R Knife hand strike 20. L Back Fist <b>--Direction Change--</b> 21. L Knife hand strike 22. R Back Fist <b>--Direction Change--</b> 23. R Knife Hand Strike 24. R Double Knife Hand Block 25. L #3 Front Kick 26. R #2 Round Kick 27. R Knife Hand Low Block 28. R High Block  *Denotes Ki-Hap



**Step 3- Leadership**

Date	What you helped with	Hrs
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



## **Step 4- Perfection**

Attend a Black Belt Prep Class  
Record improvement areas

Low Rank Material	Areas to Improve on: _____ _____ _____ _____
Choong Chung 2	Areas to Improve on: _____ _____ _____ _____
Sparring	Areas to Improve on: _____ _____ _____ _____
Board Breaks	Areas to Improve on: _____ _____ _____ _____
Fit Test	Areas to Improve on: _____ _____ _____ _____



## **Step 5- Courage**

Attach your Tournament paper here

## **Step 6- Reflection**

Please attach your final paper here! Be creative and have fun with this one.



## Step 7- Fit Test

Rd 1- Push Ups (1 min)

Score 1-5

1 min rest

Rd 2- Plank

Score 1-5

1 min rest

Rd 3- 2 min total

Score 1-15

Jab, jab, cross/Left Foot Forward **15** times in 30 sec

#2 right Round Kick **15** times in 30 sec

Jab, jab, cross/ Right Foot Forward **15** times in 30 sec

#2 right Round Kick **15** times in 30 sec

1 min rest

Rd 4- 2 min total

Score 1-10

Combo: #2 Front Kick/Jab/Cross/#2 Round Kick/#3 Side Kick

1 Combo every 15 secs/continual bounce

1 min rest

Rd 5- 2 min total

Score 1-15

Combo: #2 Front Kick/Jab/Cross/#2 Round Kick/#3 Side Kick

2 Combos every 15 secs same direction/continual bounce

Total points:

46-50pts= +1

41-45pts= 0

<41pts= -1

Rounds 1 and 2 testers max goal varies based on Age and Gender. Ask an instructor what you need to achieve for 5 points. Rounds 3-5 testers are scored based on Quality of Technique, Power, and Reps.





### Fit Test Scoring

#### Rd 1 Push Ups

<b>Males</b>	<b>1pt.</b>	<b>2pt.</b>	<b>3pt.</b>	<b>4pt.</b>	<b>5pt.</b>
Age < 15	<5	5-15	16-25	26-35	>35
Age 16-29	<20	20-34	35-44	45-54	>54
Age 30-39	<15	15-24	24-34	35-44	>44
Age 40-49	<12	12-19	20-29	30-39	>39
Age 50-59	<8	8-14	15-24	25-34	>34
Age 60+	<5	5-9	10-19	20-29	>29

<b>Females</b>	<b>1pt.</b>	<b>2pt.</b>	<b>3pt.</b>	<b>4pt.</b>	<b>5pt.</b>
Age < 15	<5	5-15	16-25	26-35	>35
Age 16-29	<6	6-16	17-33	34-48	>48
Age 30-39	<4	4-11	12-24	25-39	>39
Age 40-49	<3	3-7	8-19	20-34	>34
Age 50-59	<2	2-5	6-14	14-29	>29
Age 60+	<1	1-2	3-4	5-19	>19

#### Rd 2 Plank

<b>Male/Female</b>	<b>1pt.</b>	<b>2pt.</b>	<b>3pt.</b>	<b>4pt.</b>	<b>5pt.</b>
Ages <15	:29-:44	:45-1:00	1:01-1:14	1:15-1:29	1:30+

<b>Male</b>	<b>1pt.</b>	<b>2pt.</b>	<b>3pt.</b>	<b>4pt.</b>	<b>5pt.</b>
Ages 16+	:45-1:17	1:18-1:33	1:34-1:44	1:45-2:20	2:21+

<b>Female</b>	<b>1pt.</b>	<b>2pt.</b>	<b>3pt.</b>	<b>4pt.</b>	<b>5pt.</b>
Ages 16+	:30-1:03	1:04-1:19	1:20-1:30	1:31-2:00	2:01+

Rounds 3-5 all ages and genders are graded equally

#### Rd 3

Completion of Reps	Quality of Technique	Power
Scored 1-5pts	Scored 1-5pts	Scored 1-5pts

#### Rd 4

Quality of Technique	Power
Scored 1-5pts	Scored 1-5pts

#### Rd 5

Completion of Reps	Quality of Technique	Power
Scored 1-5pts	Scored 1-5pts	Scored 1-5pts



## **Step 8- Black Belt Test**

Students are judged on 3 Events:

**Form, Sparring, Board Breaks**

All Events are considered pass/fail when testing for decided ranks. Students will break wood boards (provided by ATAFMA) and are encouraged to practice as often as possible.

## **Step 9- Black Belt Ceremony**

Congratulations on making it this far!

The Black Belt Ceremony takes place after testing and is based off of the Master's Ceremony that takes place each year at World Championships. It is a formal ceremony where students are presented with their new rank. Family and Friends are encouraged to attend both the ceremony and testing to support the students going for rank.

Please note: One of the steps in the ceremony is "Gratitude." In this step, the master's present Grandmaster with a solid gold coin, thanking him for all he has done for them. For our "Gratitude Portion" students are asked to give a gift to either their instructor or the school. Please note that this is **not** expected to be an expensive gift. The gift should be wrapped with your instructor's name on the outside. Please include a short note of explanation.