



To the Black Belt Recommendeds,

9 Requirements of Black Belt

1. Songahm 1 (White Belt)

2. Songahm 2 (Orange Belt)

3. Songahm 3 (Yellow Belt)

4. Choong Chung 2 (Red Belt)

5. Helping with 10 classes

1st Degree meaning is “planting seeds for the future” part of that meaning is helping those below you.

6. Tournament – Students must attend at least 1 tournament prior to testing.

7. ATAFMA 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 1st Degree Black Belt.

9. Black Belt Ceremony~ Congratulations, if you have made this far, you have passed all the requirements to earn your 1st 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.

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

Enjoy your journey,
ATA Family Martial Arts

Student Name: _____

Anticipated Testing Date:

April

August

December

Of year 20_____



Steps 1-3

<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 --Direction Change-- 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 --Direction Change-- 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 --Direction Change-- 6. L Outer Fore-Arm Block 7. R Reverse Punch 8. R Outer Fore-Arm Block 9. L Reverse Punch --Direction Change-- 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 --Direction Change-- 17. R Low Block 18. L Back Fist 19. L Low Block 20. R Back Fist --Direction Change-- 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* --Direction Change-- 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 --Direction Change-- 21. L Knife hand strike 22. R Back Fist --Direction Change-- 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 4- Choong Chung 2

1. R Tension Square Block	24. R #2 Rd Kick(do not put foot down
2. L Tension Square Block	25. R Side Kick
--Direction Change--	26. R Double Inner Forearm Block
3. L Low Block	27. L Upset Punch
4. R Punch	28. L Step Palm Heel
5. R Low Block	29. R Palm Heel
6. L Punch	30. R #2 Front Kick
7. L #2 Rd Kick(do not put foot down	--Direction Change--
8. L Side Kick	31. L Back Elbow**
9. L Double Inner Forearm Block	32. L Square Block
10. R Upset Punch	33. R Jump Switch Dbl Outer Forearm
11. R Step Palm Heel**	34. R #3 Jump Round Kick
12. L Palm Heel	35. R Dbl Outer Forearm Block
13. L #2 Front Kick	--Direction Change--
--Direction Change--	36. L Dbl knife hand low block
14. R Back Elbow	37. L Upset ridge hand block
15. R Square Block	38. R Reverse Hook Kick
16. L Jump Switch Dbl Outer Forearm	39. L Reverse Punch
17. L #3 Jump Round Kick	40. R Ridge Hand Strike
18. L Dbl Outer Forearm Block	--Direction Change--
--Direction Change--	41. L Low X Block
19. R Dbl knife hand low block	42. R #2 Rd Kick
20. R Upset ridge hand block	43. L High Knife X Block
21. L Reverse Hook Kick**	44. R Low X Block
22. R Reverse Punch	45. L #2 Rd Kick
23. L Ridge Hand Strike	46. R High Knife X Block



Step 5- Helping

Date

Which class you helped with

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Step 6- Tournament

Date: _____

Tournament Name: _____

Placements:

Step 7- Fit Test

5 Rounds for time – Must be completed in less than 6 mins

1 Round:

- 10 Jab/Cross Left foot forward
- 10 #2 Round kicks Right Foot
- 10 Jab/Cross Right foot forward
- 10 #2 Rounds kicks Left Foot
- 10 Zero based push ups
- 10 Sit ups



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.