



BLACK BELT CANDIDATE

The 1st degree recommended black belt is a red/black belt that signifies a students' achievement of the level of black belt, but also represents their internship to the black belt ranks. While serving the 6-month internship, the student must revisit their journey through their forms and train in them as a black belt to prove their loyalty to the art, their instructor, and most importantly to themselves. A belt without knowledge is like a book without words.

The black belt signifies mastery of the physical elements of training and the mental challenge begins as you continue to grow as a black belt. As a black belt, one must understand that the transition to being a black belt versus wearing one is a long journey with many new challenges. The 6-month internship served with consistent training and personal commitment to perfect your knowledge will be your foundation as a life-long martial artist.

At Testing Requirements		Pre-Testing Requirements			
Taegeuks Chil & Pal Jang	Sparring	All Lower Rank Forms	Self - Defense	Hanmadang	
Board Breaks	5 One-steps	Written Essay	Volunteer Hours	Fitness Test	Board Breaks

Test Sparring	Wooden Board Breaks
You will spar 1 vs. 1 rounds at testing. Test sparring is no contact sparring without sparring gear. Your ability to show movement, defense, offense, fakes, speed, agility, timing and advanced techniques will be judged during the rounds.	<i>CHIGI OPTIONS:</i> 1. Elbow Strike 2. Punch 3. Palm Strike <i>CHAGI OPTIONS:</i> 1. Flying Side Kick 2. Jump Front Kick 3. Step Up Side Kick 4. Axe Kick

Creative One-Steps	Important Testing Dates
Use your knowledge of sparring, speed, power & control to demonstrate blocking, evading, and advanced techniques . One-steps are no contact partner drills that demonstrate speed, accuracy, control and precision. Your 5 creative one steps must be approved before they are demonstrated at testing	Date of Red/Black Rank: _____ Date of Hanmadang: _____ Date of Pretest: _____ Date of Testing: _____

POOMSAE	REFLECTION	SELF - DEFENSE	VOLUNTEER	FIT TEST	HANMADANG
Continuing your perfection of lower rank forms is part of your journey as a black belt. Demonstrate the forms from Keecho Il-Jang to Taegeuk Yuk-Jang during your pre-testing.	Black belt candidates must write a reflection paper themes "What Being a Black Belt Means to Me." (two pages for 12 years old and under, 4 pages from 13 years and older). Papers are due on _____	You must choreograph a self - defense scenario involving basic self-defense tactics, ie. awareness, locks, pressure points, and escapes. You will demonstrate your scenario at pre-testing.	Black belt are leaders in their community. The candidate must volunteer a minimum 10 hours to a community organization.	Physical fitness is a cornerstone of a healthy lifestyle. You must train like black in order to be a black belt. Your fitness test will be administered during your pre-testing.	Hanmadang means "festival" in Korean. This is both a training day and a celebration for your accomplishments. Please make every effort to attend this special day. _____ _____

TAEGEUK CHIL - JANG

TAEGEUK PAL - JANG

#	SIDE	TECHNIQUE	STANCE	SECTION	#	SIDE	TECHNIQUE	STANCE	SECTION
1	RIGHT	REV. IN. PALM BLOCK	R. TIGER	MID	1	LEFT	D. OUT FORM BLOCK	R. BACK	MID
2	RIGHT	#2 FRONT KICK	--	MID/HIGH	2	RIGHT	REV. PUNCH	L. FRONT	MID
*	LEFT	IN.FORM BLOCK	R. TIGER	MID	3	LEFT	#3 JUMP FR KICK	--	MID/HIGH
3	LEFT	REV. IN. PALM BLOCK	L. TIGER	MID	*	LEFT	INW. IN FORM BLOCK	L. FRONT	MID
4	LEFT	#2 FRONT KICK	--	MID/HIGH	*	RIGHT	REV. PUNCH	L. FRONT	MID
*	RIGHT	IN.FORM BLOCK	L. TIGER	MID	*	LEFT	PUNCH	L. FRONT	MID
5	LEFT	D. KN.HAND BLOCK	R. BACK	LOW	4	RIGHT	LUNGE PUNCH	R. FRONT	MID
6	RIGHT	D. KN.HAND BLOCK	L. BACK	LOW	5	RIGHT	SIDE H/L BLOCK	R. FRONT	MID & LOW
7	RIGHT	REV. IN. PALM BLOCK	R. TIGER	MID	6	RIGHT	TEN. UPSET PUNCH	L. FRONT	MID
8	RIGHT	BACKFIST	R. TIGER	MID	7	LEFT	SIDE H/L BLOCK	L. FRONT	MID & LOW
9	LEFT	REV. IN. PALM BLOCK	L. TIGER	MID	8	LEFT	TEN. UPSET PUNCH	R. FRONT	MID
10	LEFT	BACKFIST	L. TIGER	MID	9	LEFT	D. OUT FORM BLOCK	R. BACK	MID
11	BOTH	FIST IN HAND	CLOSED	MID	10	RIGHT	REV. PUNCH	L. FRONT	MID
12	LEFT	H/L BLOCK	L. FRONT	MID & LOW	11	RIGHT	#2 FRONT KICK	--	MID/HIGH
*	RIGHT	H/L BLOCK	L. FRONT	MID & LOW	*	RIGHT	IN. PALM BLOCK	L. TIGER	MID
13	RIGHT	H/L BLOCK	R. FRONT	MID & LOW	12	LEFT	D. KN.HAND BLOCK	R. TIGER	MID
*	LEFT	H/L BLOCK	R. FRONT	MID & LOW	13	LEFT	#1 FRONT KICK	--	MID/HIGH
14	BOTH	T. O. FORM BLOCK	L. FRONT	MID	*	RIGHT	REV. PUNCH	L. FRONT	MID
15	BOTH	HEAD GRAB	L. FRONT	HIGH	14	LEFT	IN. PALM BLOCK	R. TIGER	MID
*	RIGHT	#2 KNEE STRIKE	--	MID	15	RIGHT	D. KN.HAND BLOCK	L. TIGER	MID
*	BOTH	TW. UPSET PUNCH	X. STANCE	MID	16	RIGHT	#1 FRONT KICK	--	MID/HIGH
16	BOTH	X BLOCK	R. FRONT	LOW	*	LEFT	REV. PUNCH	R. FRONT	MID
17	BOTH	T. O. FORM BLOCK	R. FRONT	MID	17	RIGHT	IN. PALM BLOCK	L. TIGER	MID
18	BOTH	HEAD GRAB	R. FRONT	HIGH	18	RIGHT	D. OUT FORM BLOCK	L. BACK	LOW
*	LEFT	#2 KNEE STRIKE	--	MID	19	LEFT	#2 FRONT KICK	--	MID/HIGH
*	BOTH	TW. UPSET PUNCH	X. STANCE	MID	*	RIGHT	#3 JUMP FR KICK	--	MID/HIGH
19	BOTH	X BLOCK	L. FRONT	LOW	*	RIGHT	INW. IN FORM BLOCK	R. FRONT	MID
20	LEFT	BACKFIST	L. ANGLE	MID	*	LEFT	REV. PUNCH	R. FRONT	MID
21	RIGHT	IN. CRES. KICK	--	MID/HIGH	*	RIGHT	PUNCH	R. FRONT	MID
*	RIGHT	HOR. ELBOW STR	MIDDLE	MID	20	LEFT	KN.HAND BLOCK	R. BACK	MID
22	RIGHT	BACKFIST	R. ANGLE	MID	21	RIGHT	REV ELBOW STR.	L. FRONT	MID
23	LEFT	IN. CRES. KICK	--	MID/HIGH	22	RIGHT	BACKFIST	L. FRONT	HIGH
*	LEFT	HOR. ELBOW STR	MIDDLE	MID	23	LEFT	PUNCH	L. FRONT	MID
24	LEFT	KN.HAND BLOCK	MIDDLE	MID	24	RIGHT	KN.HAND BLOCK	L. BACK	MID
25	RIGHT	LUNGE PUNCH	MIDDLE	MID	25	LEFT	REV ELBOW STR.	R. FRONT	MID
					26	LEFT	BACKFIST	R. FRONT	HIGH
					27	RIGHT	PUNCH	R. FRONT	MID