



To the Black Belt in Training,

Welcome to your Black Belt 9 Steps! 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.

If you have any questions about the requirements, please ask your instructor. In addition, parents are strongly encouraged to help participate in these steps. You have been an essential component up to this point in the training and your encouragement during these nine steps will be greatly appreciated!

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. The Hwa Rang
2. ATA History
3. Personal history of Eternal Grandmaster H.U. Lee
4. Personal History of M.K. Lee, G.K. Lee, Grandmaster In Ho Lee or Grandmaster Emeritus Soon Ho Lee
5. Korean Culture

2) **Mental/Knowledge:** In this step you will research Taekwondo history. You must memorize the attached list of Korean words. (See appendix).

3) **Leadership:** In this step you will give back nine hours to the school, this take can happen through helping clean up the school, helping with tournaments and events. Leadership students can choose to help with classes.

4) **Perfection:** While true perfection can never be accomplished we can strive to come close. It is important that students practice their material outside of class to prepare for testing. Students are required to practice Choong Jung #2 99 times outside of class. This is a combination of practicing their form and board breaks. A limit of five practices per day may be recorded; however students are encouraged to do more.

*Log the dates. The forms are to be performed just like it should be done at testing; full bow in and bow out, testing speed.*

5) **Courage:** We all have daily battles, and have things that create fear in our lives. In a recent study, Americans were more afraid of public speaking than death. To help you and your life skills, you must compete in one tournament, or attend one regional event between Brown and 1<sup>st</sup> Degree Black Belt. There is no restriction on placing, you must simply compete. During



this step you only have two tasks: learn something new and meet someone new. Tournaments and regional events are a great place to meet new people who also may help you with your Taekwondo. Enjoy this opportunity!

*Log the location and date of your tournament. Write 25-50 words describing your experience. List the names and schools of other ATA members you met or competed with.*

- 6) **Reflection:** You must write one additional paper. “What Being a Black Belt Means to Me.”

*-The last three steps are performed on the day of 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 quality technique.

- 8) **Black Belt Testing:** After passing the Fit Test students are invited to attend the formal 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.

As Ralph Waldo Emerson once said, “It's not the destination; it's how you got there.” This quote is commonly said when one reaches a remarkable achievement. At 1<sup>st</sup> Degree Black Belt, you have just **begun** to understand all that Taekwondo has to offer. It is through martial arts that you have set goals, increased in your self-confidence and has embraced a sense of discipline that has influenced other aspects of your life. This is indeed an amazing achievement, 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, but the beginning part of your next journey.

Enjoy your journey,  
*Thrive Martial Arts*



## **Step 1 - Taekwondo History**

**Please attach your papers in your manual**

## Step 2- Knowledge

| <b>English/Korean Vocabulary</b> |                  |
|----------------------------------|------------------|
| <b>Commands</b>                  |                  |
| Bow                              | Kyeong Nae       |
| Attention                        | Chah Reot        |
| Ready Position                   | June Bee         |
| Degree (Black Belt Rank)         | Dan (dahn)       |
| Stop                             | Keu Mahn (Goman) |
| Return to Ready Position         | Bah Ro           |
| Relax (at ease)                  | Shi Uh           |
| Start                            | Shi-Jak          |
| <b>General Terms</b>             |                  |
| Uniform                          | Dobok            |
| Trainee Instructor               | Boo Sah-beom nim |
| Belt                             | Thee (dee)       |
| School                           | Dojang           |
| Instructor                       | Sah-beom nim     |
| Master Instructor                | Kwan-jang-nim    |
| "The Way of the Hand and Foot"   | Taekwondo        |
| "Pine tree and rock"             | Songahm          |
| Thank You (Sir)                  | Gam Sa Ham Ni Da |
| <b>Numbers</b>                   |                  |
| One                              | Hah-nah          |
| Two                              | Dool             |
| Three                            | Set              |
| Four                             | Net              |
| Five                             | Dah-seot         |
| Six                              | Yeo-seot         |
| Seven                            | Il-geup          |
| Eight                            | Yeo-dol          |
| Nine                             | Ah-hop           |
| Ten                              | Yeol             |



## Step 3- Leadership

| Date  | What you helped with | Hrs   |
|-------|----------------------|-------|
| _____ | _____                | _____ |
| _____ | _____                | _____ |
| _____ | _____                | _____ |
| _____ | _____                | _____ |
| _____ | _____                | _____ |
| _____ | _____                | _____ |
| _____ | _____                | _____ |
| _____ | _____                | _____ |
| _____ | _____                | _____ |
| _____ | _____                | _____ |



## Step 4- Perfection

**Date**

**# of Repetitions**



## Step 5- Courage

Please write a short paragraph about your regional event experience below. Include date, who you met, etc.!

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## **Step 6- Reflection**

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





## **Step 7- Fit Test**

Rd 1- 30 Push Ups

Rd 2- 50 Sit Ups

Rd 3-Kick Set (10 Sets) (60 total kicks)

#1 Left Front Kick,  
#2 Right Round Kick,  
Spin Side Kick Right Leg,  
#2 Right Front Kick, "Jump Switch",  
#2 Left Round Kick,  
Reverse Side Kick Left Leg.  
(complete all 6 kicks for 1 set)

Rd 4- Punch Kick Combo (10 Sets) (60 total techniques)

Jab, Cross, #2 Round Kick, "jump Switch"  
(complete all 3 moves for 1 Set) (5ea Side)

Rd 5- Punch Set (10 sets) (100 total punches)

Combo #1- Jab  
Combo #2- Jab, Cross  
Combo #3- Cross, Hook, Cross  
Combo #4- Jab, Cross, Hook, Cross  
(Start with Left side forward, complete all 4 combos for 1 set)

Students age 39 and younger have 5mins to complete

Students age 39-59 old have 6 mins to complete

Students age 60+ have 7mins to complete

## **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 and are encouraged to practice as often as possible.

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

The ceremony is based off of the Master's Ceremony that takes place each year at World Championships. 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. It can be as simple as a picture from a tournament that really meant something to you. Since the black belt ceremony will be done as a group, the group can give a gift together. Past examples include pictures, letters, top ten pins, fitness balls, Korean Flags, and many others. The gift will be given during the ceremony, but it will be opened in private. The gift should be in a box or wrapped with your instructor's name on the outside. Please include a short note of explanation.