



To the Black Belt in Training,

Congratulations on all of your martial arts successes to this point. Our staff at Thrive Martial Arts is so proud of all you have already achieved, and is excited to help guide you on your journey to 1st degree black belt decided. Becoming a black belt is an incredible accomplishment, as nationwide, only 1 in 100 people who start training in ATA taekwondo will achieve this rank.

The number 9 is very special in Korean culture, so below is our Thrive Martial Arts “Nine Steps to First Degree Black Belt” manual. This manual is a required part of your first degree black belt decided testing. We hope that you will enjoy reflecting on all that you have learned to this point, and will take time to set new goals for once you achieve your black belt. As Songahm Grandmaster Soon Ho Lee says, “There is always more to learn”.

As always, if you have any questions, please see your instructor. I look forward to celebrating your black belt testing with you in the near future.

Sincerely,

Master Overby
Thrive Martial Arts



Thrive Martial Arts 9 Steps to Black Belt

- 1) **Taekwondo History:** this step, pick TWO of the following topics and write a report on each. Each report 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 Grandmaster M.K. Lee, G.K. Lee, In Ho Lee, Clark, Reed 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) **Martial Arts 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 their material 99 more 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, competition 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 Blue Belt and testing for your 1st Degree Black Belt. There is no restriction on placing, simply competing. The phrase “To Compete is To Win,” should be remembered. 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 event. Write about 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 Thrive Martial Arts. 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.

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 1st 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 have 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!

1st Degree Black Belt is not the end of the journey, but the beginning of the next part of your next journey. Enjoy your journey! - Thrive Martial Arts

Step 1 - Taekwondo History

Please attach your papers in your manual

English/Korean Vocabulary	
Commands	
Bow	Kyeong Nae
Attention	Chah Reot
Ready Position	June Bee
Stop	Keu Mahn (Goman)
Return to Ready Position	Bah Ro
Relax (at ease)	Shi Uh
Start	Shi-Jak
General Terms	
Uniform	Dobok
School	Dojang
Instructor	Sah-beom nim
"The Way of the Hand and Foot"	Taekwondo
"Pine tree and rock"	Songahm
Thank You (Sir)	Gam Sa Ham Ni Da
Numbers	
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.!

Step 6- Reflection

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

Step 7- Fit Test

In an effort to improve the fitness of the organization worldwide, Grandmaster Soon Ho Lee was the first presiding Grandmaster to require all testing black belts to pass a “fitness” test. At Thrive Martial Arts, we strongly believe fitness is a key part of your martial arts training, and will require all students to be knowledgeable of, and be able to pass the most current ATA Fitness test. Please note, in an effort to meet the most recent studies and beliefs on fitness, the ATA has made a number of changes to the fit test since its inception. At your testing, components of the test listed below, along with other ATA fitness techniques will be required at the black belt workout. Please see Master Overby for more information.

Current Components of the ATA Fitness Test as of 1/1/2019

1. Push Ups- Students are required to demonstrate pushups appropriate for their age and gender. Please note, Master Overby has final say on quality and quantity required for each student. This number will range from 20-60.
2. Plank- Students will demonstrate a 2 minute and 30 second plank. This plank is to be performed with your hands flat on the ground, back straight and both feet on the floor.
3. Kicking and Striking Combos- The following combos (or combinations similar) will be asked of the black belt in training. Please note, the combos may vary, and black belts in training are expected to demonstrate flexibility and a black belt attitude with any combo changes.
 - Jab, Jab Cross
 - 15 Power Round Kicks
 - Front Kick, Jab Cross, Round Kick, Step up Side Kick

Please note that while physical fitness can take many forms, these baseline expectations are in place to keep Thrive Martial Arts in line with minimum ATA standards. Please expect your black belt workout to be very challenging, and train hard in the months leading up to your midterm in order to put on a great show on your black belt testing day!

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, school, or a parent or loved one that has been instrumental in your training. 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 or loved one's name on the outside. Please include a short note of explanation.