

Black Belt Testing

The following provides the information you need to prepare for your upcoming Black Belt test. As always, if you have questions please ask.

Fees for Testing:

1st Degree Black Belt:

- Recommended : \$100
- Decided : \$150

2nd Degree Black Belt:

- Recommended : \$125
- Decided : \$175

3rd Degree Black Belt:

- Recommended : \$150
- Decided : \$200

DUE: _____ The packet with your teaching hours, class hours attended, seminars, demonstrations, tournaments, essay, board breaking diagram, photos, and testing fees.

Handicaps or age considerations can have a modified test. It is encouraged to try to do all the requirements possible. Between the Recommended Belt and Decided Belt, a student is expected to work on what the instructors noticed during their Recommended testing. If you do not have an hour requirement in the refereeing or tournament category you may accomplish it in the 6 months following testing. No certificate will be issued however if the requirements are not met. Anyone calling this school to check on your black belt status will be given a report of a test not passed. If a student fails the testing portion of the requirements they will be retested at the next testing with no extra charge.

BOARD BREAKING:

- You need to do five breaks. Either 3 hands and 2 feet or 3 feet and 2 hands. The choice is yours. One break must be a speed break. (That is a break done with little or no support from a board holder.) You may choose from the list below or submit another choice to the instructor for approval.
- 1st degree Black Belt is done with a point system. You must get twenty-five points to pass. Points are listed. You may increase the value of the break by adding a second or third board. Or by increasing the height, and/or by jumping over an obstacle.
- Students must provide a diagram of the order and list of the breaks they are doing (example given on the next page)
- Boards used are 1x12 #2 pine. They are cut in different inches depending on your age and size.

Ages 5-7 : 4inch boards

Ages 8-10 : 6 to 8 inch boards

Ages 11- Adult 110 lbs and under : 10 inch boards

Ages 13-Adult 111bs and over : 12 inch boards

Board Breaking Techniques and Point Value:

SPEED

knife hand 6
punch 7
revs knife 6
spin hook 8

HAND

knife 6
elbow 5
Palm 6
hammer 5
ridge 6

FOOT

front 5
side 6
spin 6
Axe 6
360 any 8
Hook 7

Height Bonus Points:

- Chest : add 1 point
- Head : add 2 points
- Above Head : Add 3 points

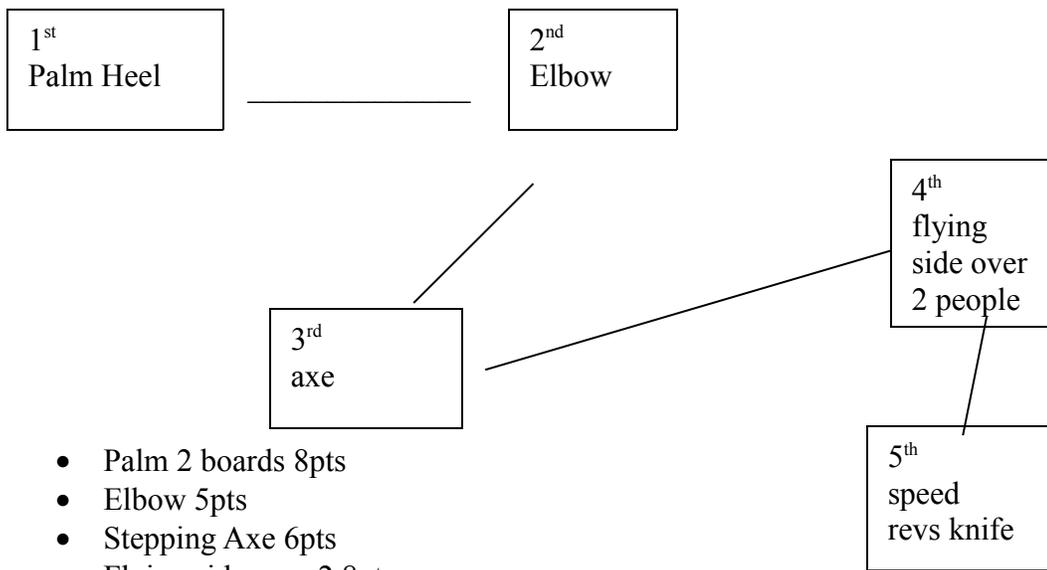
Obstacle Bonus Points:

- Over 1 Person : add 1 point
- Over 2 People : add 2 points
- Over 3 People : add 3 points
- Over 4 People : add 4 points

Board Bonus Points:

- 2 Boards : add 2 point
- 3 Boards : add 4 points

Example of Board Breaking Diagram to turn in with your packet:



- Palm 2 boards 8pts
- Elbow 5pts
- Stepping Axe 6pts
- Flying side over 2 8pts
- Revs knife hand 6pts

Total 33 points

1st Degree Black Belt Requirements

(Recommended needs all the below, Decided needs only the fee):

- 14 teaching hours
- 3 tournaments (at least 1 not in-house)
- 1 seminar
- 2 passport photos
- minimum of 120 hours
- 1 demonstration
- Essay on your taekwondo lessons learned this far
- Testing Fees

What the student should know/do on testing day (for Recommended and Decided):

- Taegeuk 1-8
- Hogu drills 1-10
- 5 Board Breaks
- Any hand or foot technique from previous testings
- Know all one-steps by number
- Two on one sparring
- Taekwondo knowledge

2nd Degree Black Belt Requirements

(Recommended needs all the below, Decided needs only the fee):

- 14 hours of teaching time or volunteer time at testings
- 1 tournament coaching or volunteering
- 1 demonstration
- 2 passport photos
- Essay, can be a philosophical report or a technical report like on nutrition or stretching, etc.
- minimum of 120 hours
- 2 tournaments refereeing
- 1 seminar
- Testing Fees

What the student should know/do on testing day:

- Taegeuk 1-8 and Koryo
- 5 Punch Defenses
- Hogu Drills 1-20
- Two boards with a hand technique, Two boards with a foot technique, One speed break,
- Brick Break : 1 or 2 bricks (age and size will factor into decision of being allowed to break a brick)
- Black Belt One-Steps
- Rules of Refereeing

3rd Degree Black Belt Requirements

(Recommended needs all the below, Decided needs only the fee):

- 21 hours teaching time or volunteer time (for example at testings, cleaning, etc.)
- minimum of 140 hours
- 1 demonstration
- 2 passport photos
- Essay, can be anything related to Taekwondo, philosophical, technical, etc.
- 2 tournaments refereeing, volunteering, or coaching
- 1 seminar
- Testing Fees

What the student should know/do on testing day:

- Taegeuk 1-8, Koryo, and Kuemgang
- Create 5 One-Steps
- Knowledge of First Aid (demonstrate how to wrap an ankle or wrist for sports)
- Specialty Break (2 techniques at once, jump technique, etc.)
- Continuation of Martial Arts Knowledge (could be a weapon, another martial art like Hapkido, specialty in one area like forms or sparring) - prepare to give an example of your knowledge