

1ST DEGREE BLACK BELT REQUIREMENTS CARD (SIDE 1)

YOUR BLACK BELT TEST CONTAINS 6 SECTIONS. THE FIRST 5 WILL BE COMPLETED THROUGH THIS CARD. THE 6TH WILL BE PERFORMING AT YOUR CEREMONY.

BLACK BELT PROJECT Due: Prior to your last seminar

You are required to show growth in leadership through a project of the following, or your own idea. Once you have your idea, talk to your lead instructor to make sure it's a good fit.

- Presentation to your school class about "your taekwondo journey"
 - Present a 5-8 minute speech to your class at school. Your master will join you during school and support your presentation. If you would like to create a slideshow to support your presentation, you can.
- · Performance of taekwondo at your school talent show.
 - Perform a taekwondo routine at your school talent show and your master will join you to support you at your school.
- If setting up a presentation with your school is not an option, please talk to your master and you will develop a plan together.

FITNESS LOG Due: Prior to each seminar

You are required to show self discipline through your fitness loa Check off the boxes to

Check off the bo	oxes to record your fitness requirements.	You are required to practice each per box to record your practices.		
Fitness Requirements Per Seminar	# of Reps per Seminar	Skill	# of	
75 Jumping Jacks	Seminar 2 Seminar 3 Seminar 4 Seminar 5 Seminar 6 25	Taeguek Ee Jahng (Green Stripe)	Seminar 2 Semin	
30 Mountain Climbers	Seminar 2 Seminar 3 Seminar 4 Seminar 5 Seminar 6 10 10 10 10 10 10 10 10	Taeguek Som Jahng (Green Belt) Taeguek Oh Jang		
30 Sit Ups	Seminar 2 Seminar 3 Seminar 4 Seminar 5 Seminar 6 10	(Blue Belt) Taeguek Chil Jahng	Semir	
30 Push Ups	Seminar 2 Seminar 3 Seminar 4 Seminar 5 Seminar 6 10	(Red Belt) Taeguek Pagl Jahng (Black Stripe)	Seminar 2 Semir	
Run or Walk	3 miles by Seminar 6 Imi Imi Imi	Self Defense (Both Sets)	Seminar 2 Semin	
I have complete	ed my fitness log (525 reps + 3 miles)			

Student Signature _____ Date Date Parent Signature

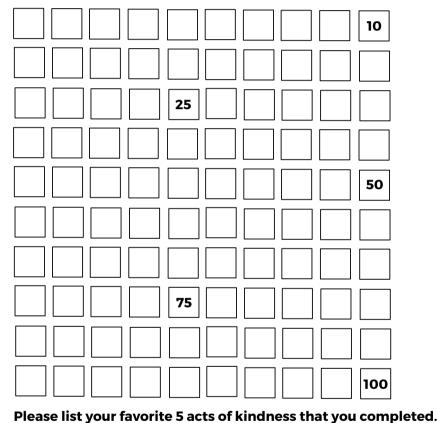
3 SKILL DEVELOPMENT LOG You are required to show <u>self motivation</u> as you practice your taekwondo. oomse 3 times per seminar. Check each

	# of Pra	ctices pe	r Seminar			
Seminar 2	Seminar 3	Seminar 4	Seminar 5	Seminar 6		
Seminar 2	Seminar 3	Seminar 4	Seminar 5	Seminar 6		
I have completed my skills development log. Student Signature & Date Parent Signature & Date						
	Seminar 2 Seminar 2 Seminar 2 My skills o	Seminar 2 Seminar 3	Seminar 2 Seminar 3 Seminar 4	Den de Circu de De Le		

1ST DEGREE BLACK BELT REQUIREMENTS CARD (SIDE 2)

4 100 ACTS OF KINDNESS Due: Prior to your last seminar.

You are required to show kindness through 100 Acts of Kindness. This can be done anytime, anywhere. Check off a box when you complete an act of kindness. Here are a few ideas: hold the door open for someone, do a chore without being asked, take your neighbors trash can up for them, write a nice note, share a toy with your sibling, offer to help your teacher, make your parent or siblings bed, and the list could go on!



1.			
2.			
3.			
4.			
5			

I have completed my 100 acts of kindness.

Student Signature

Parent Signature

Date _____

Date

5 WRITTEN TEST Due: Prior to your last seminar

You are required to show focus through completing a written test. You will receive an email with a link to the written test. More details will be shared from your instructor.

CEREMONY 6

This is the time to shine with confidence in front of all your family and friends!

