



# 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.

## 1 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.

## 2 FITNESS LOG Due: Prior to each seminar

You are required to show self discipline through your fitness log. Check off the boxes to record your fitness requirements.

| Fitness Requirements Per Seminar | # of Reps per Seminar  |   |   |   |   |
|----------------------------------|--|---|---|---|---|
|                                  | Seminar 2  | Seminar 3   | Seminar 4   | Seminar 5   | Seminar 6   |
| 75 Jumping Jacks                 | <input type="checkbox"/> 25 <input type="checkbox"/> 25 <input type="checkbox"/> 25    | <input type="checkbox"/> 25 <input type="checkbox"/> 25 <input type="checkbox"/> 25 | <input type="checkbox"/> 25 <input type="checkbox"/> 25 <input type="checkbox"/> 25 | <input type="checkbox"/> 25 <input type="checkbox"/> 25 <input type="checkbox"/> 25 | <input type="checkbox"/> 25 <input type="checkbox"/> 25 <input type="checkbox"/> 25 |
| 30 Mountain Climbers             | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10    | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10 | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10 | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10 | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10 |
| 30 Sit Ups                       | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10    | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10 | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10 | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10 | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10 |
| 30 Push Ups                      | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10    | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10 | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10 | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10 | <input type="checkbox"/> 10 <input type="checkbox"/> 10 <input type="checkbox"/> 10 |
| Run or Walk 3 miles by Seminar 6 | <input type="checkbox"/> 1mi <input type="checkbox"/> 1mi <input type="checkbox"/> 1mi |   |   |   |   |

I have completed my fitness log (525 reps + 3 miles)

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

## 3 SKILL DEVELOPMENT LOG Due: Prior to your last seminar.

You are required to show self motivation as you practice your taekwondo. You are required to practice each poomse 3 times per seminar. Check each box to record your practices.

| Skill                             | # of Practices per Seminar   |  |  |  |  |
|-----------------------------------|--|--|--|--|--|
|                                   | Seminar 2  | Seminar 3  | Seminar 4  | Seminar 5  | Seminar 6  |
| Taeguek Ee Jahng (Green Stripe)   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           |
| Taeguek Som Jahng (Green Belt)    | _____  |  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           |
| Taeguek Oh Jang (Blue Belt)       | _____  |  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           |
| Taeguek Chil Jahng (Red Belt)     | _____  |  | Seminar 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Seminar 4 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Seminar 5 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Taeguek Pagl Jahng (Black Stripe) | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>           |
| Self Defense (Both Sets)          | Seminar 2 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Seminar 3 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Seminar 4 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Seminar 5 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> | Seminar 6 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |

I have completed my skills development log.

Student Signature & Date \_\_\_\_\_ Parent Signature & Date \_\_\_\_\_

# 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!

|                          |                          |                          |                          |                          |                          |                          |                          |                          |     |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|-----|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 10  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 25                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 50  |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 75                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |     |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | 100 |

Please list your favorite 5 acts of kindness that you completed.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

I have completed my 100 acts of kindness.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ 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.

## 6 CEREMONY

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

OVERVIEW OF REQUIREMENTS

1 BLACK BELT PROJECT  
(LEADERSHIP)

2 FITNESS LOG  
(SELF DISCIPLINE)

3 SKILL DEVELOPMENT LOG  
(SELF MOTIVATION)

4 100 ACTS OF KINDNESS  
(KINDNESS)

5 WRITTEN TEST  
(FOCUS)

6 CEREMONY  
(CONFIDENCE)

TO BE INITIALED BY HEAD INSTRUCTOR WHEN SECTION IS COMPLETE:

- ☐ BLACK BELT PROJECT
- ☐ FITNESS LOG
- ☐ SKILL DEVELOPMENT LOG
- ☐ 100 ACTS OF KINDNESS
- ☐ WRITTEN TEST