



TRU TAEKWONDO

TRU TAEKWONDO BLACK BELT TEST



PREPARED AND PRESENTED BY
GRAND MASTER DOUGLAS / MASTER TERRANOVA



CONGRATULATIONS ON THIS MILESTONE!

A NOTE FROM OUR OWNERS:

Celebrating achievement has always been highlighted at TRU Taekwondo. This has been evident for over 10 years when Co-Owners Philip Averett and Grand Master Douglas opened the doors to TRU and it's evident at every milestone, big or little for you, our students and our families.

We see our students every day. Ki-haping for the first time, demonstrating confidence. Sharing a toy with a sibling, demonstrating kindness. Demonstrating discipline and practicing a poomse at home or taking out the trash for the first time without being asked. Saying yes m'am and no m'am, demonstrating respect. Being promoted at work or school because of improved focus. The list goes on and on. We see our students grow every day, and in turn we see them shine.

We are so excited to celebrate this next milestone in your taekwondo journey - your black belt test to show off how much you have grown and *really* shine!

Congratulations on this milestone!
Well Done! We are very excited about your growth and are excited to continue to be.

Co Owners
Philip Averett &
GrandMaster Douglas



WHAT TO EXPECT

AN OVERVIEW FROM MASTER TERRANOVA, VP OF BLACK BELT TEST



Congratulations! You've shown hard work, commitment, and growth from the start of your taekwondo journey. You are now eligible to complete the black belt test.

Over the next three months, you will complete 6 components of the black belt test and then perform at your ceremony in front of your family and friends. The components that make up the black belt test include but are not limited to attending seminars, a written test, a fitness log, completing acts of kindness, and more. You will be showcasing your self discipline, your focus, and your includes but are not

This packet will outline all requirements over the next 3 months.

Parents, please read this packet in it's entirety.

Your lead instructor will be leading your seminars, test, and will be your go to person for everything black belt. I am just here to welcome you to becoming black belt!

Master Terranova

REQUIREMENTS TO EARN

2ND DEGREE BLACK BELT



THIS SECTION INCLUDES EVERYTHING THAT MUST BE COMPLETED TO EARN YOUR FIRST DEGREE BLACK BELT.

	TASK	CORE VALUE DEMONSTRATED	BRIEF DESCRIPTION
1	LEADERSHIP QUALITIES IN CLASS	LEADERSHIP	STUDENTS WILL SHOW LEADERSHIP SKILLS IN CLASS
2	FITNESS LOG	SELF DISCIPLINE	STUDENTS WILL RECORD THEIR FITNESS REQUIREMENTS ON A SELF GUIDED LOG
3	SKILL DEVELOPMENT LOG	SELF MOTIVATED	STUDENTS WILL RECORD THEIR SKILL DEVELOPMENT REQUIREMENTS ON A SELF GUIDED LOG
4	100 ACTS OF KINDNESS	KINDNESS	STUDENTS WILL COMPLETE 100 ACTS OF KINDNESS
5	ESSAY	FOCUS	STUDENTS WILL COMPLETE AN ESSAY
6	CEREMONY	CONFIDENCE	THIS IS THE TIME TO SHINE IN FRONT OF ALL YOUR FAMILY AND FRIENDS

more information on each task can be found in the students "Requirements Card"

PARENT REQUIREMENTS

PARENTS, YOU HAVE TWO MAIN REQUIREMENTS!

PARENTS, YOU HAVE 2 MAIN REQUIREMENTS.

1. COMPLETE THE INFORMATION INTAKE FORM
2. COMPLETE PAYMENTS BEFORE EACH SEMINAR

1 Information intake form must be completed before the 2nd seminar

2 Payments must be completed before each seminar



Both of these requirements can be completed by heading to www.trutkd.com/blackbeltsite

OPTIONAL FOR PARENTS

PARENTS HERE ARE SOME OPTIONAL ADD ONS:

1. KUKKIWON CERTIFICATE
2. BLACK BELT UNIFORMS

1



Kukkiwons must be ordered before the 2nd seminar

Talk to your instructor if you are interested in a Kukkiwon

More information on "What is a Kukkiwon?" can be found in our FAQ section of this packet

2



Black Belt Uniforms must be ordered before the 2nd seminar

Go to www.trutkd.com/black-belt-official-uniforms to order yours

Black belts have the option to wear black collar uniforms after they have become a 1st degree black belt.

FINANCIAL COMMITMENT RESPONSIBILITY

OVERVIEW OF PRICING

There is a charge for the series of Black Belt seminars but there is not a fee for the actual test. The price of the seminars varies upon which degree you are testing. The fee is to be paid in advance, prior to attending the seminar. All 6 seminars must be attended.

BELT PRICING

The Black Belt test does not include a belt. The embroidered TRU Taekwondo Black Belt is given as a gift from Grand Master Douglas and our team. The style of belt that will be given will be consistent with the TRU Taekwondo Center style lettering and color. This embroidered belts values at \$50.

PRICING BREAKDOWN

TESTING TO 1ST DEGREE	\$600.00
6 SEMINARS AT \$100 EACH	

TESTING TO 2ND DEGREE	\$750.00
6 SEMINARS AT \$125 EACH	

TESTING TO 3RD DEGREE	\$900.00
6 SEMINARS AT \$150 EACH	

TRU Taekwondo offers a 10% discount if all seminars are paid in full prior to the first seminar



FAQ'S

SEMINARS

What are the seminars?

These are six sessions designed to fully prepare the student for the test. By the end of the sixth session, students will be fully equipped with confidence to perform at the Black Belt Test.

What do I need to do to prepare for each seminar?

You are expected to have your fees paid in advance of each seminar, be in full uniform (no summer uniforms allowed) and on the mat at the beginning of each seminar. Follow the instructions in the training package and be prepared for the material covered in each seminar.

Are there refunds for seminars after they are paid?

There will be no refunds for any reason on this training package or any paid seminar.

What if I miss a seminar?

Make every effort to attend every seminar. They are for your benefit. If you are going to miss a seminar you are still required to pay for that session in advance. See the business office to schedule any make-up sessions.

How will any seminar schedule changes be communicated?

Changes are very rare but if there is a case of one. We will notify you via email and phone call .

FAQ'S

THE CEREMONY PART 1

What is the ceremony?

This is the last part of the test. This is where you show off all your taekwondo skills! You will perform all you have learned for your family and friends. You will also be evaluated by a panel of judges at this performance and similarly to the other parts of the test, you must pass this to receive your belt.

Is it possible to fail your performance at the ceremony?

We will make every effort to prepare you. You may be held back until the next ceremony if you are not ready, and we feel that you will not pass. If this is the case, we will have a conversation with you prior to the ceremony date. You may also be held back if you are unable or unwilling to perform to the best of your ability on the day of the ceremony.

When and where is the ceremony?

The ceremony will be held on the date indicated on the front of this package. The test location will be determined at a later date and communicated to you in the seminars.

What happens after you complete the performance at the ceremony?

You will receive your probationary black belt. This belt will signify that you have completed the black belt test and will show others what commitment looks like after reaching a goal. The length of how long you wear this belt is determined by training in class consistently, showing personal growth, and showing leadership on and off the mat. It could be anywhere from a few weeks to a few months to receive your official black belt depending on your personal growth.

FAQ'S

THE CEREMONY PART 2

Is there a make-up date for the Black Belt Ceremony?

Consult with your Master if you for-see an issue with the Black Belt Ceremony date.

Is there a child/adult version of the ceremony?

This part of the black belt test is the same for children and adults. Children may receive help from a reader for the written test if needed.

What are the scoring procedures of the ceremony?

There are a possible 100 points for each of 15 categories. You must finish with a minimum of 1200 points (C average) You may not fail any category. If you do not score high enough to pass, you may re-test again on the un-passed portions without charge at the next official testing. We do not publicly post scores.

BLACK BELT UNIFORM

When can I wear the black V-neck uniform?

When you are a certified Black Belt you may wear the black V-neck uniform. This means if you are a Black Stripe student testing for First Degree, you may wear it after your testing.



FAQ'S

CERTIFICATION

What makes this test process valid?

In the past we needed the recommendation of 4 to 7 certified Masters from Kukkiwon (the governing body of Taekwondo located in South Korea) to conduct a test. Grand Master Douglas now holds a high enough rank to conduct his own tests recognized by Kukkiwon. As a 'check' system, guest Masters and respected TRU Taekwondo Center Black Belts may be invited to participate in the testing process.

What is Kukkiwon Certificate and I need it?

A Kukkiwon Certificate is optional. While you receive a TRU Taekwondo Center certificate, you have the option to purchase a valid certificate from the World Taekwondo Federation in Korea. With it you will be a registered Black Belt, recognized in every country and accepted by the International Olympic Committee. Price depends on the degree of Black Belt:

1st Degree: \$140

2nd Degree: \$180

3rd Degree: \$240

4th Degree: \$300

Who is certifying my rank?

Individual martial arts schools are only able to test students (regardless of what they may claim) to Black Stripe. TRU Taekwondo Center has the capability to provide qualified TRU students with World Taekwondo Federation from Kukkiwon which are recognized by the International Olympic Committee. Your certification will be recognized around the world and by every organization. Kukkiwon has strict guidelines for certification. TRU Taekwondo Center meets these guidelines and Master Douglas is qualified to conduct the testing process.

YOUR LEAD INSTRUCTORS

HERE'S A QUICK GUIDE
TO CONNECTING WITH
YOU INSTRUCTORS



**MASTER
TERRANOVA**
HICKORY TREE



Master Terranova



**MASTER
CADIENTE**
COUNTRY CLUB



Master Cadiente



**MASTER
ARGUELLO**
DAVIE COUNTY



Master Arguello



**MASTER
MCLEAN**
KERNERSVILLE



Master McLean



**CO-OWNERS
GRANDMASTER DOUGLAS & PHILIP AVERETT**

NOW WHAT?

ITS TIME TO GET STARTED!



**SCAN THIS QR CODE TO
ACCESS THE ONLINE
BLACK BELT SITE!**

www.trutkd.com/blackbeltsite



TRU TAEKWONDO

**CO-OWNERS
PHILIP AVERETT & GRAND MASTER DOUGLAS**