



# 2ND 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 SHOW LEADERSHIP QUALITIES Due: Prior to your last seminar.

You are required to show growth in leadership through embodying evident leadership qualities in taekwondo classes.

This looks like:

- Encouraging others
- Consistency in a positive attitude
- Humility when receiving feedback
- Staying aware when others may need help

## 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	
90 Jumping Jacks	<input type="checkbox"/> 30 <input type="checkbox"/> 30 <input type="checkbox"/> 30	<input type="checkbox"/> 30 <input type="checkbox"/> 30 <input type="checkbox"/> 30	<input type="checkbox"/> 30 <input type="checkbox"/> 30 <input type="checkbox"/> 30	<input type="checkbox"/> 30 <input type="checkbox"/> 30 <input type="checkbox"/> 30	<input type="checkbox"/> 30 <input type="checkbox"/> 30 <input type="checkbox"/> 30	
60 Mountain Climbers	<input type="checkbox"/> 20 <input type="checkbox"/> 20 <input type="checkbox"/> 20	<input type="checkbox"/> 20 <input type="checkbox"/> 20 <input type="checkbox"/> 20	<input type="checkbox"/> 20 <input type="checkbox"/> 20 <input type="checkbox"/> 20	<input type="checkbox"/> 20 <input type="checkbox"/> 20 <input type="checkbox"/> 20	<input type="checkbox"/> 20 <input type="checkbox"/> 20 <input type="checkbox"/> 20	
45 Sit Ups	<input type="checkbox"/> 15 <input type="checkbox"/> 15 <input type="checkbox"/> 15	<input type="checkbox"/> 15 <input type="checkbox"/> 15 <input type="checkbox"/> 15	<input type="checkbox"/> 15 <input type="checkbox"/> 15 <input type="checkbox"/> 15	<input type="checkbox"/> 15 <input type="checkbox"/> 15 <input type="checkbox"/> 15	<input type="checkbox"/> 15 <input type="checkbox"/> 15 <input type="checkbox"/> 15	
45 Push Ups	<input type="checkbox"/> 15 <input type="checkbox"/> 15 <input type="checkbox"/> 15	<input type="checkbox"/> 15 <input type="checkbox"/> 15 <input type="checkbox"/> 15	<input type="checkbox"/> 15 <input type="checkbox"/> 15 <input type="checkbox"/> 15	<input type="checkbox"/> 15 <input type="checkbox"/> 15 <input type="checkbox"/> 15	<input type="checkbox"/> 15 <input type="checkbox"/> 15 <input type="checkbox"/> 15	
Run or Walk 4 miles by Seminar 6	<input type="checkbox"/> 1mi	<input type="checkbox"/> 1mi	<input type="checkbox"/> 1mi	<input type="checkbox"/> 1mi		

**I have completed my fitness log (300 reps + 4 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. Check off the boxes anytime and anywhere you practice.

Skill	# of Practices per Seminar					
	Seminar 2	Seminar 3	Seminar 4	Seminar 5	Seminar 6	
Palguae 1	<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"/>	
Palguae 2	<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"/>	
Palguae 3		<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"/>	
Palguae 4			<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"/>	
Koryo	<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 (1-7)	<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"/>	

**I have completed skill development log.**  
 Student Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

# 2ND 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"/>	<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"/>	<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"/>	<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"/>	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"/>	<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 ESSAY Due: Prior to your last seminar.

You are required to show focus through writing an essay. You will write an essay from one the following prompts below. After completing your essay, print it out and give it to your head instructor.

### Essay Requirements

- 1 Page, doubled spaced (12 & under)
- 1-2 Pages, doubled spaced (over 12)
- Typed and hand-written both accepted
- You may add drawings on a separate sheet to help assist your writing if you chose

### Chose one of the following prompts for your essay:

- How does taekwondo impact your day to day life at school and or home?
- What does "confidence" mean to you? And give an example of when you felt confident.
- What does "leadership" mean to you? And give an example of when you showed leadership at home and or school.
- What did you learn while completing 100 acts of kindness? Give at least 5 of your favorites & why.
- TRU stands for "trust", "respect", and "understanding". Pick one (or more) of those 3 words and give examples of what that word means to you.

## 6 CEREMONY

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

### TO BE INITIALED BY HEAD INSTRUCTOR WHEN SECTION IS COMPLETE:

<input type="checkbox"/> ASSIST IN 6 CLASSES	<input type="checkbox"/> 100 ACTS OF KINDNESS
<input type="checkbox"/> FITNESS LOG	<input type="checkbox"/> ESSAY
<input type="checkbox"/> SKILL DEVELOPMENT LOG	