



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.

Name: _____

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	☐ 25 ☐ 25 ☐ 25	☐ 25 ☐ 25 ☐ 25	☐ 25 ☐ 25 ☐ 25	☐ 25 ☐ 25 ☐ 25	☐ 25 ☐ 25 ☐ 25	
30 Mountain Climbers	☐ 10 ☐ 10 ☐ 10	☐ 10 ☐ 10 ☐ 10	☐ 10 ☐ 10 ☐ 10	☐ 10 ☐ 10 ☐ 10	☐ 10 ☐ 10 ☐ 10	
30 Sit Ups	☐ 10 ☐ 10 ☐ 10	☐ 10 ☐ 10 ☐ 10	☐ 10 ☐ 10 ☐ 10	☐ 10 ☐ 10 ☐ 10	☐ 10 ☐ 10 ☐ 10	
30 Push Ups	☐ 10 ☐ 10 ☐ 10	☐ 10 ☐ 10 ☐ 10	☐ 10 ☐ 10 ☐ 10	☐ 10 ☐ 10 ☐ 10	☐ 10 ☐ 10 ☐ 10	
Run or Walk 3 miles by Seminar 6	☐ 1mi ☐ 1mi ☐ 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)	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	
Taeguek Som Jahng (Green Belt)	_____	_____	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	
Taeguek Oh Jang (Blue Belt)	_____	_____	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	
Taeguek Chil Jahng (Red Belt)	_____	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	
Taeguek Pagl Jahng (Black Stripe)	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	
Self Defense (Both Sets)	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	

I have completed my skills development log.

Student Signature & Date _____ Parent Signature & Date _____

1ST DEGREE BLACK BELT REQUIREMENTS CARD (SIDE 2)

Name: _____

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!

☐	☐	☐	☐	☐	☐	☐	☐	☐	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	
☐	☐	☐	☐	25	☐	☐	☐	☐	
☐	☐	☐	☐	☐	☐	☐	☐	☐	
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☐	☐	☐	☐	75	☐	☐	☐	☐	
☐	☐	☐	☐	☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	☐	☐	☐	☐	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) | 4 100 ACTS OF KINDNESS
(KINDNESS) |
| 2 FITNESS LOG
(SELF DISCIPLINE) | 5 WRITTEN TEST
(FOCUS) |
| 3 SKILL DEVELOPMENT LOG
(SELF MOTIVATION) | 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 |