



3RD 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 ASSIST WITH 12 CLASSES Due: Before your last seminar

You are required to show growth in leadership through assisting in taekwondo classes. Talk to your instructor to schedule when you will assist in class. Fill out this log as you assist.

Check the box & date when you assist in a class

#1 ☐ Date: _____	#4 ☐ Date: _____	#7 ☐ Date: _____	#10 ☐ Date: _____
#2 ☐ Date: _____	#5 ☐ Date: _____	#8 ☐ Date: _____	#11 ☐ Date: _____
#3 ☐ Date: _____	#6 ☐ Date: _____	#9 ☐ Date: _____	#12 ☐ Date: _____

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
120 Jumping Jacks	☐ 40 ☐ 40 ☐ 40	☐ 40 ☐ 40 ☐ 40	☐ 40 ☐ 40 ☐ 40	☐ 40 ☐ 40 ☐ 40	☐ 40 ☐ 40 ☐ 40
75 Mountain Climbers	☐ 25 ☐ 25 ☐ 25	☐ 25 ☐ 25 ☐ 25	☐ 25 ☐ 25 ☐ 25	☐ 25 ☐ 25 ☐ 25	☐ 25 ☐ 25 ☐ 25
60 Sit Ups	☐ 20 ☐ 20 ☐ 20	☐ 20 ☐ 20 ☐ 20	☐ 20 ☐ 20 ☐ 20	☐ 20 ☐ 20 ☐ 20	☐ 20 ☐ 20 ☐ 20
60 Push Ups	☐ 20 ☐ 20 ☐ 20	☐ 20 ☐ 20 ☐ 20	☐ 20 ☐ 20 ☐ 20	☐ 20 ☐ 20 ☐ 20	☐ 20 ☐ 20 ☐ 20
Run or Walk 5 miles by Seminar 6	☐ 1mi	☐ 1mi	☐ 1mi	☐ 1mi	☐ 1mi

I have completed my fitness log (1,890 reps + 5 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 5	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Palguae 6	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Palguae 7	_____	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Palguae 8	_____	_____	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐
Kumgang	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	_____
Self Defense (1-7)	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐	☐ ☐ ☐

I have completed skill development log.

Student Signature _____ Date _____

Parent Signature _____ Date _____

3RD 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	☐	☐	☐	☐	
☐	☐	☐	☐	☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	☐	☐	☐	☐	50
☐	☐	☐	☐	☐	☐	☐	☐	☐	
☐	☐	☐	☐	☐	☐	☐	☐	☐	
☐	☐	☐	☐	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 VIDEO Due: Prior to your last seminar.

You are required to show focus through creating an instructional video. It will be a video teaching taekwondo to a parent, grandparent, sibling, teacher, or friend.

Video Requirements

- You will chose one or more of the following to instruct in the video:
 - warm up
 - punching in horseback riding stance
 - basic blocking
 - jab/cross
 - poomse
 - self defense
 - kicking
- 1-2 minute video
- No music (copyright)
- Submit by texting or emailing the video to your lead instructor

If you'd prefer to "break the 4th wall" and create an instructional video to an audience on the other side of the screen with some creativity & flare, talk to your instructor about your idea and let's see if it's a good fit.

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:

- ☐ ASSIST IN 12 CLASSES
- ☐ FITNESS LOG
- ☐ SKILL DEVELOPMENT LOG
- ☐ 100 ACTS OF KINDNESS
- ☐ VIDEO