



Black Belt Rank Test Form

Student's Name: _____ Date of Birth: _____

Current Rank : 1st Black _____ 2nd Black _____ 3rd Black _____

1st Black Belt Tip Testing : Yellow _____ Orange _____ Green _____ Blue _____ Brown _____ Red _____ Star _____

2nd Black Belt Tip Testing : Yellow _____ Orange _____ Green _____ Blue _____ Brown _____ Red _____ Star _____

3rd Black Belt Tip Testing : Yellow _____ Orange _____ Green _____ Blue _____ Brown _____ Red _____ Star _____

I recognize that new ranks are awarded only when specific standards of performance are met. In the event that I may not perform to the satisfaction of the testing official(s), promotion may be delayed until further progress has been demonstrated. If I do not achieve the desired degree, I may retest for that degree on the next promotion test date. I recognize that promotion standards are uniform and that each belt degree a specific level of competence.

Date : _____ Student or Parent's Signature : _____

<u>Form</u>	1= Excellent	2= Good	3= Need Work
<u>Kicking Combinations</u>	1= Excellent	2= Good	3= Need Work
<u>One Step Sparring</u>	1= Excellent	2= Good	3= Need Work
<u>Breaking Technique</u>	1= Excellent	2= Good	3= Need Work
<u>Free Sparring</u>	1= Excellent	2= Good	3= Need Work
<u>Mental Strength</u>	1= Excellent	2= Good	3= Need Work
<u>Discipline</u>	1= Excellent	2= Good	3= Need Work
<u>Leadership</u>	1= Excellent	2= Good	3= Need Work

Judge's Signature _____ Result _____

--Exam Request--

Please list 3 areas that you would like to make improvements on:

(1) _____

(2) _____

(3) _____

Please list 3 actions you need to take to create improvements in these areas:

(1) _____

(2) _____

(3) _____

Teen/Parent comment and evaluation sheet

I remembered to..... (1) – Excellent (2) - Good (3) – Poor

Show respect to my parent(s) and family members (1) (2) (3)

Be truthful (1) (2) (3)

Maintain a good relationship with my brother and sister (1) (2) (3)

Help with household chores (1) (2) (3)

Never interrupt adult conversation (1) (2) (3)

Study both at school and at home (1) (2) (3)

Show respect for my teachers and peers (1) (2) (3)

Do what I am told the first time asked (1) (2) (3)

Parent's Comments :

Please be sure to sign and return this form one week prior to your exam.

Exam fee; \$ 100

Student or Parent's Signature : _____

Promotion Exam Requirements

(Questions for Black Belt Grade)

Yellow Tip - Q. Can you count ten in Korean?

1 ~ Hanna 2 ~ Dool 3 ~ Set 4 ~ Net 5 ~ Dasut 6 ~ Yeosut 7 ~ Ilgop 8 ~ Yeodul 9 ~ Ahop 10 ~ Yeol

Yellow Tip - Q. Korean Terminology

Attention ~ Cha-ryeot, Bow ~ Kyung-Ye Ready ~ Joon-Bi Master ~ Sa-Bum-Nim Form ~ Poomse
Uniform ~ Do-Bok Begin ~ Shi-jak Tae Kwon Do School ~ Do-Jang

Orange Tip - Q. Where are the three attack points when you punch or kick?

High Section ~ In Joong Middle Section ~ Myung Chi Low Section ~ Nang Sim, SIR

Orange Tip - Q. Korean Terminology

Ahn Nyung Ha Sim Nee Ka (How are you) Ahn Nyung Hee Kei Sheep See Yo (Goodbye to someone staying)
Ahn Nyung Hee Ka Sheep See Yo (Goodbye to someone leaving)

Green Tip - Q. Why do you control in free sparring?

To demonstrate mental discipline, physical control of ourselves, and to build self-confidence that indicates a strong mind.

Green Tip - Q. What part of the foot do you use with these kick?

Front Snap Kick ~ Top of the foot (instep) **Round House Kick** ~ Top of the foot (instep) **Side Kick** ~ Knife of the foot (side with heel) **Back Kick** ~ Heel of the foot **Back Hook Kick** ~ Heel or bottom of the foot **Axe Kick** ~ Heel of the foot, SIR!

Blue Tip - Q. How do you make power in Tae Kwon Do?

Power is made by weight and speed together with relaxation, concentration and confidence.

Blue Tip - Q. Korean Terminology

Ap Sogi ~ Walking Stance Ap Kubi ~ Big Stance Chung Ja ~ Kneel Down(formal) Joochoom Sogi ~ Horse Stance
Baro ~ Return to ready Stance Dwit Kubi ~ Back Stance Begin ~ Shi-jak Beom Sogi ~ Tiger Stance

Brown Tip - Q. Why do you practice breaking techniques?

We practice breaking techniques to develop power, precision, Concentration, and to actually test the effectiveness of various techniques.

Brown Tip - Q. Korean Terminology

Ddee ~ Belt Dan ~ Degree below Black belt Arae Makki ~ Down Block
Momtong Makki ~ Middle Block Ohlgool Makki ~ High Block

Red Tip - Q. Why do we practice breathing control?

To develop spiritual strength (Gi) and endurance.

Red Tip - Q. Korean Terminology

Ap Chagi ~ Front Snap Kick Dolyo Chagi ~ Roundhouse Kick Naerye Chagi ~ Ax Kick Dwit Chagi ~ Reverse Kick
Yup Chagi ~ Side Kick Dwit Dolyo Chagi ~ Spin Kick HooRaeyo Chagi ~ Hook Kick

Star Tip - Q. Why do you meditate?

We meditate because meditation is necessary to gather one's spiritual energy (Gi). It helps us to achieve deeper insight, greater awareness and a feeling of relaxation. This serenity can become a habit even in highly stressful situation. In such situations, with the mind cleared of unnecessary distraction, self-control is maintained and proper action can be taken. Also, meditation becomes concentration when action is required.

Star Tip - Q. Korean Terminology

Ddee ~ Belt Dan ~ Degree below Black belt Arae Makki ~ Down Block Momtong Makki ~ Middle Block
Ohlgool Makki ~ High Block Ap Chagi ~ Front Snap Kick Dolyo Chagi ~ Roundhouse Kick Naerye Chagi ~ Ax Kick
Dwit Chagi ~ Reverse Kick Yup Chagi ~ Side Kick Dwit Dolyo Chagi ~ Spin Kick HooRaeyo Chagi ~ Hook Kick