



3RD DEGREE GUIDE BOOKLET

Name:



Dear Testing Candidate:

Congratulations! It is with great pleasure that I welcome you to the Black Belt Testing Candidate Class.

As a serious Martial Artist, you know the importance of goal setting, value of an impending challenge, and power of sincere commitment. All of these things come into play on the road to becoming a Black Belt and beyond. As you know, it is an unfortunately small number of students who train in the Martial Arts that go on to earn their Black Belt. The fact that you are on the verge of attaining this goal speaks to your high degree of character and perseverance.

This test is the most comprehensive and challenging test ever administered by Top Martial Arts. However, this test is not just about performing your physical Martial Arts skills; it is about your personal growth. It is about your potential and the possibilities that come along with it. It is about taking yourself to the highest level you can over the next few months using that experience as a springboard, and above all, it is about making the world a better place to live in by lending a helping hand and by having empathy for those around you.

I commend you for taking on this challenge. Remember, the more resolute you are in your commitment and discipline to training for Black Belt Excellence, the more you will receive in return.

Sincerely,

Master Ju Hyon Seo
7th Dan Black Belt
President of Top Martial Arts



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REQUIREMENTS CHECKLIST

Due no later than _____

- Copy of Kukkiwon Card
- 2 Digital Pictures (Face Shots)
 - Text to 706-226-0855 or Email to smatkd@gmail.com
- Testing Fee
 - 2nd Testing for 3rd: \$500
 - (Cash, Cashier's Check, or Money Order)
- Physical Training Requirements
- Private Lesson
- Seven Personal Development Requirements

<https://tmamembershub.com/curriculum-home/black-belt-2/>



Digital Booklet and Applications

Guidelines and Rules

Attendance: No Exceptions!

- Students must attend a minimum of 2 Curriculum Classes per week.

Testing:

- All students are to be at the testing site one hour before start time.
- Students are required to wear their traditional (white) Tae Kwon Do uniforms to the Belt Promotion. **ABSOLUTELY NO T-SHIRTS CAN BE WORN** unless it is an undershirt for the women promoting.

Personal Care:

- Jewelry must be taken off before testing. Only wedding bands and items associated with religious beliefs will be permitted.
- Hair color must be a natural color. No blue, bright red, orange, green etc. colors are permitted. No feathers in hair.
- Women with hair shoulder length or longer must have their hair neatly tied up.
- All men must have their hair cut to a short length which is fit for athletic activity.

Medical Release:

- Vital Medical Information must be submitted to Master Seo's Top Martial Arts **prior** to testing.
- Medical attention will be provided should a student require assistance.
- If the student is unable to complete the test due to a medical emergency, the examiners will determine if the student has fulfilled the requirements of the test or if the test should be completed at a later date.

Parental Expectations:

- Just as much as the students are tested on their curriculum, they are also being tested on the support level of their family.
- There must be at least one parent present throughout the duration of testing.
- If a parent notices their child becoming ill, they must properly address the head table by raising their hand on the side until called upon.
- Food is not allowed inside the testing rooms, only in the hallways or lobby.

Guidelines and Rules

Respect is one of the building blocks of our organization. When you enter the Do-Jang, you must show respect and bow upon entering. Be sure to bow to your Head Instructor as well.

How to bow:

1. Feet together.
2. Hands are firmly placed at your side. Hands remain stationary. Fingers straight and together.
3. Body bends at the waist at least at a 50 degree angle.
4. If you are the junior rank, your eyes do not meet the senior rank; you are not to rise until your senior does.

How to answer a question:

1. If a question is being asked to the whole class and you wish to answer:
 - Be sure to raise your hand completely above your head, arm fully extended.
 - When called upon, the student must stand up if not already standing. Respond with "Sir" or "Ma'am," bow, and answer clearly.
2. If a question is being asked directly to you:
 - Student must stand up if not already standing, bow correctly, and then answer immediately with a "Yes, sir" or "Yes, ma'am."

How to lead a line out of the classroom:

- Bow to the head table or the head instructor with a loud "Yes, sir!" or "Yes, ma'am!" and then continue ahead of your line and lead them out to the floor. When reaching the other floor, be sure to stop on the senior side and allow the rest of the line to go behind you.

How to lead a line out to the middle of the classroom:

- Answer with a loud "Yes, sir!" or "Yes, ma'am!" Stand up if you are not already standing and come to attention. Immediately following, lead the line out. Stop to the senior rank that is seated or already out on the floor and bow. After that, continue out to the floor, stop at the senior side (right) and stand at attention.

How to stagger lines:

- If told to **stagger lines forward**, the most senior member takes a step forward first (1st person in line); then every other person takes a step forward. When stepping forward, always step with your left foot first.
- If told to **stagger lines back**, the junior member (2nd person in line) takes a step back; then every other person take a step back. When stepping back, always step with your right foot first.



Belt Curriculum Study Guide

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TMA Goals

- To provide the highest quality of Martial Arts instruction
- To empower our students with valuable skills for daily life
 - To contribute to a safe and peaceful community
 - To supply you with the tools to create a happier family

Tae Kwon Do Basics

Tae Kwon Do means "art of the hand and foot." It is a Martial Art that has no equal in either power or technique. Tae Kwon Do stresses the importance of harmony and balance between the mind and body. By doing this, one can have a stable and balanced body and mind.

Student Oath

I shall observe the tenets of Tae Kwon Do, sir/ma'am

I shall respect instructors and seniors, sir/ma'am

I shall never misuse Tae Kwon Do, sir/ma'am

I will be a champion of freedom and justice, sir/ma'am

I will build a more peaceful world, sir/ma'am

Tenets of Tae Kwon Do

Courtesy

Self-Control

Integrity

Indomitable Spirit

Perseverance

Patience, sir/ma'am

Classroom Rules & Etiquette

- Bow to the flags before entering or leaving the training room
- Upon entering, bow to all instructors and seniors
- If your belt or uniform needs adjusting, always turn away from seniors and the flags
- Bow before and after addressing a senior
- Do not bow to a senior if he/she is practicing or instructing others, unless they have established eye contact

Forms: Significance and Definitions

<u>Belt Color</u>	<u>Significance of Color</u>	<u>Name of Form</u>	<u>Definition of Form</u>	<u>Number of Movements</u>
White	Innocence	Chon-Ji	Literally translates to "Heaven and Earth"	19
Yellow	The Earth from which the Plant Sprouts	Tan-Gun	Named after the legendary founder of Korea	21
Orange	The Earth from which the Plant Sprouts	Tan-Gun	Named after the legendary founder of Korea	21
Green	Signifies Plant Growth	To-San	Named for the patriot who devoted his entire life to furthering the education of Korea	24
Purple	Coming to the Mountain	Won-Yo	Named for the Buddhist monk who introduced Buddhism to Korea	28
Blue	The Heaven towards which the Plant Sprouts	Yul-Go	Named for the scholar called "Confucius of Korea"	38
Brown	The Tree is firmly rooted in the Earth	Joong-Gun	Named for the patriot who assassinated the Japanese governor-general of Korea	32
Red	Signifies danger, cautioning the students to exercise control, warning an opponent to stay away	Toi-Gye	Pen name for the noted scholar Yi Hwang	37
Black	Maturity and Proficiency in Tae Kwon Do			

Korean Terminology

Common Korean Terms

Joonbi	Ready Stance
Bahro	Return to Ready Stance
Gam Sa Ham Ni Da	Thank you
Kyung Nae	Bow
Sah Bum Nim	Master
Cha Ryot	Attention Stance
Dojang	Tae Kwon Do School
Do Bok	Uniform

Other Korean Terms

Shi Jak	Start
Ko Man	Stop
Ti	Belt
Gyu Ro Gi	Sparring
Poomse	Form
Dan	Black Belt Degree
Poom	Children's Black Belt
Kyuk Pa	Board Break

Blocking Terms

Ah Re Mag Gi	Down Block
Eul Gul Mag Gi	High Block
Mom Tong Mag Gi	Side Block
Son Nal Mag Gi	Knifehand Block

Kicking Terms

Ap Cha Gi	Front Kick
Dol Ryo Cha Gi	Roundhouse Kick
Ne Ryo Cha Gi	Axe Kick
Yop Cha Gi	Side Kick
Ho Ryo Cha Gi	Hook Kick

Stance Terms

Ju Choom So Gi	Horse Stance
Ap Ki So Gi	Front Stance
Dwi Ku Bi So Gi	Back Stance

Counting in Korean

hana	one	yeosut	six
dul	two	ilgup	seven
set	three	yeodul	eight
net	four	ah-hope	nine
dausut	five	yuhl	ten



Weekly Physical Training Requirements

In the weeks before each candidate is required to fulfill weekly training requirements.

The top section is required by ALL promotion candidates, regardless of rank.

The bottom section is dependent on a student's rank. Please refer to the Promotion Requirements section to find what is required for the student to promote

Activity	Requirements	Weekly Requirements	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
ALL PROMOTION CANDIDATES ARE REQUIRED TO DO THE FOLLOWING TRAINING AT HOME*:										
<i>*Excludes Sparring Classes</i>										
Push Ups	800	100								
Sit Ups	1600	200								
Jump Rope	80 min	10 Min								
Running	24 miles	3 miles								
Kicking	1600	200								
Stretching	160 min	20 min								
Sparring	4 Classes									
CANDIDATES ARE REQUIRED TO DO THE FOLLOWING TRAINING AT HOME* BASED ON THEIR TESTING REQUIREMENTS:										
<i>*Excludes Board Breaking</i>										
Board Breaking	8 Executions	1 Execution								
Kwang Gae	24 Times	3 Times								
Koryo	24 Times	3 Times								
Poeun	24 Times	3 Times								
Keum Gang	24 Times	3 Times								

ALL training needs to be completed by the date of the exam. No exceptions!



Private Lesson for Candidates

Each candidate will receive one free Private Lesson. It is the student's responsibility to schedule this lesson with one of our instructors or staff members.

Date: _____ Time: _____

Form Requirements:

Kwang Gae

Koryo

Poeun

Keum Gang

Board Breaking Requirements:

Power:

Knife Hand (2 Boards)

Elbow Strike (2 Boards)

Axe Kick (2 Boards)

Back Kick (2 Boards)

Speed:

Spin Hook (5 Times)

Accuracy:

Spin Hook Kick (Blindfolded)

Personal Development Requirements Checklist

This checklist has been created for your convenience in viewing all your Personal Development Requirements at a glance:

- 1 Page Book Report**
 - Type a one-page book report on the book you read as part of your Reading Requirement. Give an Overview of the book and describe how it impacted you personally. You can make notes on the book below. The book report is to be turned in along with the book at Promotion.
 - Do not forget to include your name and book title.
 - Must be at least **one page**

- Letter of Recommendation**
 - A typed letter from someone outside of the Martial Arts who can endorse you as a strong candidate for promotion due to your daily actions and character outside of a Martial Arts setting
 - Must include the student's name, what they are testing for, author's relationship to the student, and date the letter was written
 - Can be written by a grandparent, teacher, coach, etc. **NOT Parents**

- Letter of Appreciation** (details on page 18)

- Community Service – 10 Hours** (log on page 15)

- Perseverance – 500 Repetitions** (log on pg 21)

- Healthy Habits – 10 Days of Keeping Track** (log on pg 22)

- Meditation/Quiet Time – 60 Minutes** (log on pg 24)

- Written Exams** (Knowledge: pg 25, Fitness: pg 27)

Personal Development

Reading: Adult/Young Adult Reading Requirements

Personal Growth / Leadership

7 Habits of Highly Effective People by **Sean Covey**

21 Irrefutable Laws of Leadership by **John Maxwell**

A Complaint Free World by **Will Bowen**

Attitude 101 by **John Maxwell**

Awaken the Giant Within by **Anthony Robbins**

Body for Life by **Bill Phillips**

Dare to Discipline by **James Dobson**

Developing the Leaders Around You by **Michael Gerber**

Feeling Good by **David Burns**

First Things First by **Stephen Covey**

Fish by **Stephen Lundin**

Go Put Your Strengths To Work by **Marcus Buckingham**

Karate-Do by **Gichin Funakoshi**

Leadership by **Rudolph Giuliani**

Maximum Achievement by **Brian Tracy**

Maximum Muscle, Minimum Fat by **Ori Hofmekier**

No Excuses by **Brian Tracy**

One-Minute Manager by **Ken Blanchard**

Pleases Understand Me II by **David Keirsney**

Power of Focus by **Jack Canfield**

Power of Focus for women by **Fran Hewitt**

Power of positive thinking by **Norman Vincent Peale**

Principle Centered leadership by **Stephen Covey**

Psychology of Winning by **Dennis Waitley**

Personal Development

Reading: Adult/Young Adult Reading Requirements (Cont)

Putting the One –Minute Manager to Work by **Ken Blanchard**

Science and Practice of Strength Training by **Vladimir Zatsiorsky**

Summit Strategies by **Gary Scott**

Talent is Never Enough by **John Maxwell**

The 8th Habit by **Stephen Covey**

The Difference Maker by **John Maxwell**

The Leadership by **Phil Blanchard**

The Present by **Spencer Johnson**

The Secret of Inner Strength by **Chuck Norris**

The Secret of Power Within by **Chuck Norris**

The Speed of Trust by **Stephen Covey**

Unlimited Power by **Anthony Robbins**

West Point Ways of Leadership by **Larry Donnithorne**

What to Say When You Talk to Yourself by **Shad Helmstetter**

Who Moved My Cheese by **Spencer Johnson**

Woman Power by **Laura Schlessinger**

Business / Finance

Don't worry, Make money by **Richard Carlson**

High Trust Selling by **Todd Duncan**

How to Become a Great Boss by **Jeffrey J. Fox**

Multiple Stream of Income by **Robert G Allen**

One-Minute Manager by **Ken Blanchard**

QBQ! Question behind the Questions by **John Miller**

Raving Fans by **Ken Blanchard**

Rich Dad, Poor Dad by **Robert Kiyosaki**

Selling 101 by **Zig Ziglar**

The Automatic Millionaire by **David Bach**

The E-Myth by **Michael Gerber**

The #-Myth Manager by **Michael Gerber**

The E-Myth Revised by **Michael Gerber**

The Millionaire Next-Door by **Thomas J. Stanley**

The Richest Man in Babylon by **George Clason**

Think and Grow Rich by **Napoleon Hill**

Trump University Wealth Building 101 by **Donald Trump**

Why we Want You to Be Rich by **Donald Trump & Robert Kiyosaki**

Relationships/ Communication

5 Love Languages by **Gary Chapman**

Love & Respect Emerson Eggerichs Raising Positive Kids in a Negative World by **Zig Ziglar**

The Power of a Praying Wife by **Stormie Omartian**

The Price of Privilege by **Madeline Levine**

The Proper Care and Feeding of a Marriage by **Laura Schlesinger**

Philosophy

Applause of Heaven by **Max Lucado**

Become a Better You by **Joel Osteen**

Book of 5 Rings by **Miyamoto Musashi**

Man and His Symbols by **Carl Jung**

Man's Search for Meaning by **Victor E Frankl**

Mindfulness in Plain English by **Bhante Henepola Gunaratana**

The Art of Peace by **Morihei Ueshiba**

The Art of War by **Sun Tzu**

The Last Lecture by **Randy Pausch**

The Purpose Driven Life by **Rick Warren**

The Secret by **Rhonda Byrne**

Victory by **Chuck Swindoll**



Your Best life now Joel Osteen

Personal Development

Reading: Children Reading Requirements

Heroes

Call me Francis Tucket by **Gary Paulsen**

Karate Do by **Gichin Funakoshi**

Legends of the Martial Arts Master by **Susan Lynn Peterson**

My Bridges of Hope by **Livia Bitton Jackson**

Leadership

Ann of Green Gables by **L.M. Montgomery**

Fish by **Stephen C. Lundin**

Let the Circle be unbroken by **Mildred Taylor**

Mother Jones by **Kathlyn Gay**

Nightjohn by **Gary Paulsen**

Stand and Deliver by **Nicholas Edwards**

The 7 Habits of Highly Happy Kids by **Sean Covey**

The Outsiders by **J.E. Hilton**

Typical American by **Jen Gish**

Overcoming Challenges

7 Habits of Highly Effective Teens by **Stephen Covey**

A Brief History in Time by **Stephen Hawking**

Adam Zigzag by **Caroline Cooney**

Facing the Double Edged Sword by **Terrence Webster Doyle**

Heart of a Champion **Carl Deuker**

Personal Development

Reading: Children Reading Requirements (Cont)

Man from the other Side by **Uri Orley**

Never so Green by **Tim Johnston**

No easy answers by **Donald Galalo**

The Chemo Kid by **Robert Lipsyte**

Who Moved My Cheese? by **Spencer Johnson**

Why is Everybody Picking on Me? by **Terrence Webster Doyle**

Character / Courage / Honor

Johnny Tremain by **Esther Forbes**

Lucy. Wish by **Joan Lowery Nixon**

Marathon Man by **William Goldman**

Out of the Dust by **Karen Hesse**

Soldier's Heart by **Gary Paulsen**

The Chosen by **Chaim Potok**

The Orphan Train Children by **Joan Lowery Nixon**

The Story of my life by **Helen Keller**



Personal Development

Reading & Writing

Knowledge is a power and learning is one of the best ways to acquire knowledge. Important forms of “mental self-defense”, reading and writing well are two of the traits that mark a champion. In this unit you have one task:

- 1) Write a Report – Type a one-page book report on the book you read as part of your Reading Requirement. Give an overview of the book and describe how it impacted you personally. You can make notes on the book below. The book report is to be turned in along with your Black Belt Booklet.

Do not forget to include your name and book title.

- 2) **Write a Letter** – Letter writing is an essential and powerful form of expression. These can be “Thank You” notes, letters to friends, grandparents, or relatives.

Who did you write a letter to?

What did you write a letter about?

“I hear, and I forget. I see, and I remember. I write, and I understand.” –Chinese Proverb



Personal Development

Community Service

10 Hours of Community Service is required by final exam

- You must have someone sign off on your community service. Record your progress below.
- If you have questions or concerns, please speak with your instructor for a proper recommendation.

Service Provided	Hours	Approved Signature
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



Personal Development

Perseverance

Perseverance is the act of overcoming obstacles that stand between you and your goals.

It is the “power to last.” Perseverance is being persistent in obtaining your goals while striving to become a better person. Your assignment will be to choose a technique you wish to improve on the most.

- Your task is to log 500 repetitions of a technique outside the studio.
- Write down the technique that you choose and have it approved by an instructor.

Technique: _____ Instructor Initials: _____

Write a brief description below of how this lesson in perseverance helped you grow as a Martial Artist and, more importantly, as a person.

“Persist and persevere, and you will find things that are attainable - possible.”

– Lord Chesterfield

Personal Development

Healthy Habits

Having self-discipline means that you have the ability to control yourself and do what you know is right. Self-discipline gives you direction. It keeps a balance in your life and enables you to achieve your goals.

Your task for this unit is to exercise your self-discipline by **avoiding all "junk-foods"** for one week. Record your healthy meals for the week in the food journal below. Give examples of good/bad foods.

DAY ONE: Breakfast: _____

Lunch: _____

Dinner: _____

DAY TWO: Breakfast: _____

Lunch: _____

Dinner: _____

DAY THREE: Breakfast: _____

Lunch: _____

Dinner: _____

DAY FOUR: Breakfast: _____

Lunch: _____

Dinner: _____

DAY FIVE: Breakfast: _____

Lunch: _____

Dinner: _____



DAY SIX: Breakfast: _____

Lunch: _____

Dinner: _____

DAY SEVEN: Breakfast: _____

Lunch: _____

Dinner: _____

DAY EIGHT: Breakfast: _____

Lunch: _____

Dinner: _____

DAY NINE: Breakfast: _____

Lunch: _____

Dinner: _____

DAY TEN: Breakfast: _____

Lunch: _____

Dinner: _____

A change from unhealthy habits to healthy habits will yield extraordinary results.

Personal Development

Meditation / Quiet Time

The world can often be a crazy place. A true Martial Artist is able to “center” their mind, body, and spirit. Take 10 minutes each weekend to “quiet your mind.” Write about your meditation/quiet time experience.

“Meditation is a state of being in which there is utter relaxation as well as awareness.”

- Buddha

Personal Development

Written Exam: Knowledge

1. What is knowledge?
2. How has knowledge helped the world?
3. What happens when you know more about something?
4. What does knowledge give you?
5. What does intelligence mean?
6. What types of intelligence are there?
7. Is any one type of intelligence better?

Personal Development

Written Exam: Knowledge (cont)

8. Do you learn only by reading?

9. What things can you think of that need to be learned by actually doing it?

10. Why is it important to stay in school?

11. How does staying in school pay off?



Personal Development

Written Exam: Fitness

1. What is Physical Fitness?
2. How can physical fitness help you?
3. What are the muscles called that support your bones?
4. What do muscles do for you?
5. What are some ways martial arts build your muscular strength?
6. What is flexibility?
7. How does flexibility improve your joints?

Personal Development

Written Exam: Fitness (Cont)

8. How can flexibility help your martial arts?

9. What is cardiovascular fitness?

10. What is aerobic exercise?

11. What are good aerobic exercises?

12. What is deep breathing?

13. Why is it important to get enough sleep?