



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

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's 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 and using that experience as a springboard to achieve and experience your hopes and dreams. Finally, 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 to Black Belt Excellence and the more discipline you apply to your training, the more you will receive in return.

Sincerely,

Master Ju Hyon Seo
8th Dan Black Belt
President of Top Martial Arts



TABLE OF CONTENTS

INFORMATION/GUIDELINES

Requirements Checklist.	4
Guidelines/Rules	5

TESTING REQUIREMENTS & PERSONAL DEVELOPMENT

Tae Kwon Do Basics	8
Forms: Meanings and Significance	9
Basic Korean Terminology	10
Physical Requirements Checklist.	11
Private Lesson for Candidates.	12
Personal Development Checklist.	13
Reading Requirements List	14
Community Service	15
Perseverance Exercise	16
Healthy Habits	17
Meditation/Quiet Time	18

WRITTEN EXAMS

Loyalty.	19
Leadership.	20
Values	21

REQUIREMENTS CHECKLIST

Due no later than _____

- Digital Picture Headshot
 - Send image to 706-226-0855 or smatkd@gmail.com
- Testing Fee
 - Red Testing for Black: \$400
 - (Cash, Cashier's Check, or Money Order)
- Physical Training Requirements
- Private Lesson
- Seven Personal Development Requirements
- Tae Kwon Do Essay

<https://tmamembershub.com/curriculum-home/redblack-overall/>



Digital Booklet

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

Contents

Student Oath	8
Tenets of Tae Kwon Do	8
Classroom Rules and Etiquette.	8
Meanings of Forms	9
Color Belt Philosophies.	9
Korean Terminology.	10

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 sun beginning to rise	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.

This section is required by ALL promotion candidates. You may use the following chart as guidance to complete or you may use your own method to complete

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*: <small>*Excludes Sparring Classes</small>										
Push Ups	400	50								
Sit Ups	800	100								
Jump Rope	40 min	5 Min								
Running	8 miles	1 mile								
Kicking	800	100								
Stretching	160 min	20 min								
Terminology	80 min	10 min								
Sparring	4 Classes									
CANDIDATES ARE REQUIRED TO DO THE FOLLOWING TRAINING AT HOME* BASED ON THEIR TESTING REQUIREMENTS: <small>*Excludes Board Breaking</small>										
Board Breaking	8 Executions	1 Execution								
Tan Gun	24 Times	3 Times								
To San	24 Times	3 Times								
Choong Gun	24 Times	3 Times								
Toi Gae	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:

Tan-Gun

To-San

Choong – Gun

Tai – Gye

Board Breaking Requirements:

Elbow Strike

Reverse Punch

Under Knife Hand Strike

Ridgehand Strike

Axe Kick

Round House Kick

Back Kick

Spin Hook Kick

Side Kick (2 Boards)

Personal Development Requirements Checklist

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

- Tae Kwon Do Essay**
 - A typed essay from the candidate that explains how they have progressed and matured since they have begun their Martial Arts journey and what more they plan to accomplish.
 - Must include student's name, what they are testing for, and the date
 - 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 14)

- Community Service – 5 Hours** (log on page 15)

- Perseverance – 300 Repetitions** (log on pg 16)

- Healthy Habits – 5 Days of Keeping Track** (log on pg 17)

- Meditation/Quiet Time – 30 Minutes** (log on pg 18)

- Written Exams** (Loyalty: pg 19, Leadership: pg 20, Values: pg 21)

Personal Development

Writing

Knowledge is a power and learning is one of the very best ways to acquire knowledge. Letter writing is an essential and powerful form of expression. 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 Letter** – This should be a "Thank You" letter to friends, grandparents, or relatives. You must include the information about one letter written. You may do more than one if you like.

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

5 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 something pertaining to your

Martial Arts techniques such as the ones listed below.

- Your task is to log 300 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: _____

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: Loyalty

1. What is your Master Instructor's name?
2. What is their current rank?
3. What is your Grand Master Instructors name?
4. What is his rank?
5. What is the name of the Martial Art that you study?
6. What does the name mean?
7. What is the style of forms that you learn?
8. What does that stand for?
9. Who was the founder of your style?
10. When was it founded?
11. Explain what the parts of the Korean Flag.
12. List the belts in order and their meanings.

Personal Development

Written Exam: Leadership

1. What is a leader?
2. What does a leader have that helps them lead?
3. What do all leaders have in common?
4. What is vision?
5. Why is it important for a leader to have vision?
6. What must a leader do in order to make their vision come true?
7. Do actions only need to be taken by the leader?
8. What is integrity?
9. Why is it important for a leader to have integrity?
10. What does a leader do for others?
11. What can we call a leader?

Personal Development

Written Exam: Values

1. What are values?
2. What are some basic values?
3. Why are values important?
4. What kind of values are important to you?
5. Where do your values come from?
6. When is it hard for you to do what you know is right?
7. What values have the Martial Arts taught you?
8. What are your Martial Arts goals?
9. What are some ways you can show others what values you know are important?
10. What are some of the values you use every day?
11. How can you stay true to your values?
12. How do the Martial Arts help you to develop your values?