



To the Black Belt in Training,

These 9 steps have been created to help broaden your horizons, ability, and to increase your understanding of being a black belt. Enjoy, and learn from each step. Understand the lessons being taught, and learned, and most importantly, have fun!

The first step is to create a “Black Belt” notebook. Most of the listed activities require reports or written documentation and logs. Include this material in your notebook, and submit the notebook to your instructor two weeks prior to your final Black Belt testing.

If you have any questions about the requirements please ask your instructor. Also, parents are strongly encouraged to help participate in these steps. You've helped so much so far, now is no different. 😊

- 1) **Fitness** ~ A Black Belt must be an example to all, mentally as well as physically. In this step you will demonstrate physical improvements.

Part of your black belt test will be to pass the ATA Fit test. For this step, record the number of:

- 1.) Push Ups, 2.) Sit Ups, 3.) Punches, 4.) Kicks, and 5.) Kicks and Punches you can do in one minute. Please use the form at the end of this document to know how this step is to be recorded. Your instructor will then give you a new goal to be accomplished!

- 2) **Mental/Knowledge** ~ In this step you will research Taekwondo history. You must memorize the following:

- The Hwa Rang code of Chivalry
- Korean Language (a list of required words is attached)

- 3) **Taekwondo History**- For this step, pick TWO of the following topics and write a report on each. Each report must be a minimum of 250 words, and should demonstrate an age-appropriate knowledge of the topic you choose.

1. The Hwa Rang
2. ATA History
3. Personal history of Grandmaster H.U. Lee, or Grandmaster Soon Ho Lee
4. Personal History of M.K. Lee, G.K. Lee, or In Ho Lee
5. Korean Culture



- 4) **Leadership**- In this step, you will help lead your juniors in 9 class. If you are already in a Leadership Program, these 9 classes can be the classes you already help in. From this activity, you should realize how much you have to give, realize how far you've come, and how much the other students look up to you.

Keep a log of your nine classes. Record the date, the type of class, the number of students. Also, comment on what you learned during this class. Add this log to your Black Belt folder.

- 5) **Perfection** ~ While true perfection can never be accomplished we can strive to come close. You have done your form many, many times, but you will now do it 99 more times outside of class. If you start this step at Red Belt recommended, this will be 3 times a week. You are limited to writing down a maximum of 5 per day, but feel free to practice more than that!

Log the dates. The forms are to be performed just like it should be done at testing; full bow in and bow out, competition speed

- 6) **Volunteering** ~ Giving back to the community is a wonderful experience. You see how much you can increase someone's life with just a little bit of your time. For this step you must volunteer 9 hours. This is a great step to have parents participate also.

Log the time and locations of your volunteer hours. Describe your specific activities or duties. Also discuss or describe your experiences or reaction to your volunteer service.

- 7) **Courage** ~ We all have daily battles, and things that we are afraid of. In a recent study, Americans were more afraid of public speaking than death. To help you and your life skills, you must compete in one tournament, or attend one regional event between Brown and 1st Degree Black Belt. There is no restriction on placing, simply competing. The phrase "To Compete is To Win," should be remembered. You only have two tasks here. Learn something new, and meet someone new. Tournaments and regional events are a great place to meet new people and also have new people help you with your Taekwondo. Enjoy this opportunity!

Log the location and date of your tournament. Write 25-50 words describing your experience. List the names and schools of other ATA members you met or competed with.



8) **Black Belt Specialty**- Once a student reaches Black Belt, they must have something more than a new belt to be working towards. Successful Black belts have other things in the martial arts, such as teaching or competition that keep them interested. For this step you must pick one of the following:

1. Create your own form. This form must have a name and you must write it out on a form sheet, similar to the ones in a black belt club manual.
2. Create your own weapons form- Similar to above, just done with a weapon.
3. Create a planner- Students may create a class planner that could be used to teach a class. This class planner should include goals for the class, what the students will learn, and so on. Please ask an instructor for help with this step.
4. Black Belt Ambassador – For this option, students will be an ambassador for their school. They will demonstrate their loyalty to the school by completing 100 acts of kindness to demonstrate how the school has encouraged them to act. They will also bring a friend to a beginner class to help “plant seeds for the future” (The meaning of the Black Belt Form☺).

9) **Reflection**~ You must write 2 additional papers. The first paper should describe what you have learned through these 9 steps. The second paper is titled “What Being a Black Belt Means to Me.”

Add these final papers to your Black Belt notebook. You may ask to see others papers for ideas. Be honest, be inquisitive, and really take your time to reflect. These papers will be filed at the school, and kept for you and future students to come. These papers are a time capsule of your thoughts.

A Black belt is a journey. And the saying of, “It's not the destination, it's how you got there,” has never been more appropriate. As you become close to your goal, your instructors hope you will set new goals. At 1st Degree Black Belt you have just **begun** to understand all that Taekwondo has to offer, and how this training applies to and benefits so many other areas of your life. You should be recognizing what you are truly capable of accomplishing. This is indeed an amazing accomplishment, and one that you should remember for the rest of your life! Reflect on how far you have come, and understand how far you can still go!

1st Degree Black Belt is not the end of the journey, but the beginning of the next part of



your next journey.

Enjoy your journey,
ATA Family Martial Arts

Manual Breakdown

To help students be proactive in finishing their manuals, the following steps will be required to test. This will be in addition to a student's Taekwondo, as will be shown at testing.

Brown Recommended

- **Step 1 Fitness** - Students must measure their fitness as described in step 1.
- **Step 3 Taekwondo History** - Students must write ONE of their two papers for this step.

Brown Belt Decided

- **Step 2 Mental/Knowledge** - Students must memorize the Wha Rang Code of Chivalry. They must also complete their attached sheet of Korean Words.
- **Step 4 Leadership** - Students should complete 3 of their leadership classes by this level.
- **Step 6 Volunteering** - Students should complete 3 hours of their volunteering by this level.
- **Step 8 Black Belt Specialty** - Students must choose their specialty to give them time to do a good job.

Red Recommended

- **Step 3 Taekwondo History** - Students should write their 2nd paper. This will complete this step.



- **Step 4 Leadership** - Students should do 3 more of their leadership classes
- **Step 5 Perfection** - Students should complete 33 of their forms practices. REMEMBER, you may not do more than 5 in one day.
- **Step 6 Volunteering** - Students should do 3 more hours of volunteering, bringing them to 6 total.

Red Decided

- **Step 4 Leadership** - Students should help with 3 more classes, completing this step.
- **Step 5 Perfection** - Students should do 33 more of their form practices
- **Step 6 Volunteering** - Students should do 3 more hours of volunteering, completing this step.
- **Step 8 Black Belt Specialty** - Students should complete their specialty

Red/Black

- **Step 1 Fitness** - Students should finish their fitness step
- **Step 5 Perfection** - Students should finish their form practices
- **Step 9 Reflection** - Students should write their reflection papers

** Courage Step should be completed whenever an opportunity arises!



Step 1- Fitness

| | Current | Goal |
|--------------------------|----------------|-------------|
| Push Ups | _____ | _____ |
| Sit Ups | _____ | _____ |
| Punches | _____ | _____ |
| Kicks | _____ | _____ |
| Punches and Kicks | _____ | _____ |



Step 2- Knowledge

“Wha Rang Code of Chivalry”

Be loyal to your Country

Honor your Parents

Be loving between husband and wife

Be cooperative between brother and sister

Be faithful to your friends

Be respectful to your elders

Establish trust between teacher and student

Use good judgment before taking action

Always stand for justice

Always follow through on your commitments



| English/Korean Vocabulary | | Revision Date 4/2/06 |
|----------------------------------|------------------|----------------------|
| Commands | | |
| Bow | Kyeong Nae | |
| Attention | Chah Reot | |
| Ready Position | June Bee | |
| Degree (Black Belt Rank) | Dan (dahn) | |
| Stop | Keu Mahn (Goman) | |
| Return to Ready Position | Bah Ro | |
| Relax (at ease) | Shi Uh | |
| Start | Shi-Jak | |
| Techniques | | |
| Kick | Chah-gi | |
| Strike | Chi-gi | |
| Punch | Jee-reu-gi | |
| Focused yell | Kihap | |
| Block | Maggi | |
| Sparring | Gyeo-roo-gi | |
| Form | Poom-se | |
| Stances | Seo-Gi | |
| Side Kick | Yop Cha-Gi | |
| Ready Stance | Joonbi Suh Gi | |
| Break | Kal-yo | |
| Weapons | | |
| Nunchucku | Ssahng Jeol Bong | |
| Stick | Bahng Mahng Ee | |
| Hooked Cane | Jee Pahng Ee | |
| Mid Range Staff | Jahng Bong | |
| Sectional Staff | Sam Dan Bong | |
| Sword | Gum Do | |
| Kama | Ssahng Nat | |
| General Terms | | |
| Uniform | Dobok | |
| Trainee Instructor | Boo Sah-beom nim | |
| Belt | Thee (dee) | |
| School | Dojang | |
| Instructor | Sah-beom nim | |
| Master Instructor | Kwan-jang-nim | |
| "The Way of the Hand and Foot" | Taekwondo | |
| "Pine tree and rock" | Songahm | |
| Thank You (Sir) | Gam Sa Ham Ni Da | |
| Numbers | | |
| One | Hah-nah | |
| Two | Dool | |
| Three | Set | |
| Four | Net | |



| | |
|-------|----------|
| Five | Dah-seot |
| Six | Yeo-seot |
| Seven | Il-geup |
| Eight | Yeo-dol |
| Nine | Ah-hop |
| Ten | Yeol |

Step 3 Taekwondo History- Please attach your papers in your manual



Step 4- Leadership

Class Date

What I learned



Step 5- Perfection

Date **# of Repetitions**



Step 6- Volunteering

| <u>Date</u> | <u>Activity</u> | <u># of Hours</u> |
|--------------------|------------------------|--------------------------|
|--------------------|------------------------|--------------------------|



Step 8- Black Belt Specialty

What is your black belt specialty? _____

If you have chosen a form or weapons form, please remember that you need to attach a sheet that lists all the moves of your form!



Step 9- Reflection

Please attach your final two papers here!
Remember to read the explanation of this step to ensure that your papers cover all the questions asked.