

BLACK BELT REQUIREMENTS & SUCCESS LOG

Black Belt Promotion Dates: May/June _____ Nov/Dec _____ **Name:** _____

MEANING OF BELT COLORS		WHITE BELT	YELLOW BELT	GREEN BELT	BLUE BELT	RED BELT	BLACK BELT
<i>Self Check</i>							
<i>Master's OK</i>							

POOMSAE		Basic	#1 Il Jang	#2 E Jang	#3 Sam Jang	#4 Sa Jang	#5 Oh Jang	#6 Yook	#7 Chil Jang	#8 Pal
<i>S✓</i>										
<i>M.OK</i>										

ETTIQ. & STANCES		Bow Hand Shake	Attn. Listen Ready Riding St.	Walking Tiger Fwd Back	Twist Rt/Lt Stance Crane	BB1 KO	BB2 KG	BB3 TB	BB4 PW
<i>S✓</i>									
<i>M.OK</i>									

SELF DEFENSE

	Kyop!	Footwork	Blocks	Jab	Cross	Hook	Uppercut	Elbow	Knee
M.OK									

FLOW DRILLS

	#1	#2	#3	#4	#5	#6
S✓						

<u>SD Concepts</u>	
M.OK	Mat Work
M.OK	Parrying
M.OK	Esc./Rels.
M.OK	X Gr/WL
M.OK	Arm Bars
M.OK	Sw/throws
M.OK	Hip throws
M.OK	Chokes
M.OK	Shldr grabs
M.OK	Rear grabs
M.OK	Hair grabs
M.OK	Ground

PADDLE DRILLS: Part A - 12 to 14 random kicks/both legs (2-3x ea.)

Part B - Focus Pads - Random Boxing/Kick-boxing applications as prescribed.

Part C - 3 Sets (Your Choice) of combination kicking length of gym and back/both legs

MUST ATTEND A MINIMUM OF 2-3 COLORED BELT PROMOTION TESTS TO ASSIST

CB TEST DATE ATTENDED: _____ **Master's Signature:** _____

CB TEST DATE ATTENDED: _____ **Master's Signature:** _____

CB TEST DATE ATTENDED: _____ **Master's Signature:** _____

LEADERSHIP ROLE

Who I helped? _____

When? _____

What did I help with?

Witnessed/confirmed by Master Sadler or Instructor: _____

LEADERSHIP ROLE

Who I helped? _____

When? _____

What did I help with?

Witnessed/confirmed by Master Sadler or Instructor: _____

PMAA / DOJANG SPIRIT

I helped and/or supported my Dojang by doing?

SCHOOL - CURRENT GRADE - Grade _____

As of (date) _____, 20__ __
my current mark/average in school is _____

1st POOM / DAN BLACK BELT PROMOTION REQUIREMENTS

- Must be a Member of the Alberta Taekwondo Association (ATA) & Taekwondo Canada (TC) - ONLINE REG.
- 4 Page Essay on YOUR personal experience & growth in Taekwondo, at PMAA and the impact on your life.
- Poomsae - Koryo and 4 random Poomsae (must demonstrate all to promote)
- Self-defense - Random Hoshinsul with partner or scenario/skit, 2-3 minutes / 12-14 techniques.
- Sparring - 1.5 minute round. Will be a written test on promotion day.
- Breaking - 2 pod sequences of 3 single boards / Aerial split kick
 - Must include: 2 hand techniques (punch, elbow, palm, knife), 2 turning kicks (back, jump back, 360o round, hook), 1 jumping kick jump front snap, jump side, jump spinning hook, jump axe, etc.) and 1 aerial 360o of choice.
- 11-13 years old - Must take a Baby-Sitting or Home Alone Course Prior to BB Test and provide a copy of certificate
- 13 years to Adult - 1st Aid/CPR/AED Level C Course Certification Prior to BB Test and provide a copy of certificate

Black Belt (BB) Candidates are to submit this BB Success Log in-class to Master Sadler & PMAA Instructors for periodic evaluation and signatures where required. Review and fill in regularly for in-class evaluation and to stay highly motivated and driven to succeed. Master Sadler will personally invite students to test for Black Belt based on attendance, effort, enthusiasm, knowledge from in-class periodic testing (TKD theory/terms/practical), attending the required Colored Belt Promotion Tests as stated, maintaining good grades/marks/effort at school, Leadership and Dojang Spirit and how much of your BB Success Log Sheets are filled in and initialed by PMAA Instructors. YOU are responsible and accountable for YOUR OWN SUCCESS. Get started NOW... book your courses, start your essays (save them on computer/keep adding to them as more thoughts come to mind). GO FOR IT! THIS IS PMAA's BLACK BELT PROMOTION FORMAT!

Personal Notes:

