

Student's Name

"A Black Belt is a White Belt that never quit." Grandmaster Edward B. Sell



U.S. Chung Do Kwan Association Motto:

To give strength to the weak, confidence to the timid, and spiritual guidance to those who seek after God

Black Belt Review Board Date:		Location:	
Black Belt Graduation Date:		Location:	
Black Belt Essay Grade:	Date:	Examiner:	
Portfolio Grade:	Date:	Examiner:	

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STUDENT INFORMATION

Name		Birthday		
Address				
City	State		Zip	
Home Phone		Work Phone		
Date of my first class				

U.S. Chung Do Kwan Association



Record of Promotions

1	st Degree Black Belt Testing
Date of Review Board	Instructor
Date of Testing	USCDKA Cert. #
Date of Confirmation	Kukkiwon Cert. #

Fill in the blanks for each column. Certificate number <u>must</u> be recorded for each rank. Set goals for upcoming ranks with your Instructor. The average training is 3 years to a Black Belt.

Rank	Goal Date	Testing Date	Instructor	Certificate #
Black Belt				
1 st Gup – Brown				
2 nd Gup – Brown				
3^{rd} Gup – Red				
4 th Gup – Blue				
5 th Gup – Purple				
6 th Gup – Green				
7 th Gup - Orange				
8 th Gup – Gold				
9 th Gup - Yellow				
10 th Gup – White				



HOW TO GET THE MOST OUT OF YOUR PORTFOLIO Important Information to Read!

This portfolio is designed to be a keepsake - a diary of your Taekwondo training that you can cherish for years to come and a means for the Reviewing Board to track your activities in an organized manner. Feel free to add items in order to customize it. Your Instructor will use your portfolio as a tool to check your participation and chart your progress. Please be accurate as you enter the information the portfolio asks for in order to make your Instructor's job easier. At various rank levels, you will also be graded on the contents of your portfolio. Every person testing for Black Belt **must** turn in a completed portfolio, which will be graded. The sooner you begin to enter information, the more complete and accurate the information will be.

At the bottom of each page you will find the name of the tab the page is to be placed. Be sure to keep accurate record of your class attendance on the Attendance Chart in the front of your portfolio. We suggest that you make copies of all certificates for each rank, achievement awards, participation certificates, etc. and place them under the appropriate tab that corresponds with your rank at the time you received them. Beginner Section includes: 9th - 7th gup, Intermediate Section includes: 6th -4th gup, Advanced Section includes 3rd - 1st gup. We would recommend that you add pictures at each belt rank as well. At the end of each tab for Beginner, Intermediate, and Advanced you will find a summary sheet which needs to be completed as you finish each stage of training. In the Advanced Section you must also complete the Instruction Log in order to receive credit for your instructing hours at your school. It is amazing how much you learn by teaching others, which is precisely why the advanced students are required to accumulate Instructing Hours.

You are asked to refer to the curriculum requirements in the textbook, <u>Forces of</u> <u>Taekwondo</u> in order to give you a better understanding of items that you may want to add to your portfolio such as essays. Under "Special Items" you may want to put newspaper clippings, newsletters, autographs, programs, poetry, or anything that is special to you.

Keep in mind that the entire portfolio has a copyright and may not be copied without written permission from the U.S. Chung Do Kwan Association, Inc. except for extra pages needed for special events, notes, or extra school contributions. We trust your integrity as a martial artist to comply.



BRIEF HISTORY OF TAEKWONDO

- Taekwondo, sometimes called Korean Karate, has been traced as far back as 37 BC in carvings and murals.
- The art of Taekwondo was passed from father to son and from generation to generation.
- The first modern day Taekwondo class was taught in 1944 by Won Kuk Lee, the founder of Chung Do Kwan in Seoul, South Korea.
- The Korean Taekwondo Association (KTA) was formed in 1965 in Seoul, South Korea.
- The United States Chung Do Kwan Association (USCDKA) was formed in 1967 by Edward B. Sell.
- In 1973, the 1st World Taekwondo Championships were held in Seoul Korea. There were 3 teams from the USA. Grandmaster Edward B. Sell and the 5 USCDKA black belts represented the Central Region of the USA.
- In May of 1973, twenty countries formed the "World Taekwondo Federation". Grandmaster Edward B. Sell was a USA delegate.
- World Title: February 1977- Brenda J. Sell is the first female to be promoted to 7th Degree black belt by the World Taekwondo Federation (WTF).
- Taekwondo was officially accepted as an Olympic sport in 1988, and is one of the fastest growing sports in America today. Sr. Grandmaster Sell attended the 1988 Olympics, in an official capacity of Public Relations for Taekwondo.
- World Title: 1999- Edward B. Sell is the first non-Korean to test for the Chung Do Kwan 9th Degree black belt.
- World Title: September 10, 2001. Edward B. Sell becomes the first non-Korean to test for 9th Degree black belt at the WTF Headquarters in Seoul, Korea.
- World Title: March, 2003 Brenda J. Sell becomes the first female to ever test for the Chung Do Kwan 8th Degree black belt. She is scheduled to test for the WTF 8th Dan in May, 2005.

The credentials of all U.S. Chung Do Kwan students and black belts are authentic and of the highest caliber available.



Taekwondo USCDKA Training Log

MONTHLY TRACKING CHART for the year of _____

Directions: Place an X in the appropriate square for each class attended then record the total number of classes for the month in the total column. Total attendance for each month at the bottom.

Apr May	June	July	Aug	Sept	Oct	Nov	Dec



SUMMARY PAGE FOR BLACK BELT TESTING

USCDKA Membership Card expires on what date

My long-term goal in Taekwondo is:

In the appropriate section below, record the number of requirements you have completed.

REQUIREMENTS	As a Beginner Student	As an Intermediate Student	As an Advanced Student	TOTAL
Tournaments (minimum of 3)				
Demonstrations (minimum of 3)				
Seminars (minimum of 2)				
Instructor's Course (must attend 1 to apply for Instructor Degree)				
Instructing Hours (minimum of 25 hours)				
Contributions to the school				
Total months active training				

Instructor's

Comments:

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Beginner Section © copyright 2004 U.S. Chung Do Kwan Association, Inc.

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Beginner Summary Page

USCDKA Membership Card Expires on what date:

My long-term goal in Taekwondo is:

During my training in the beginner stages, my favorite technique(s) were:

During my training in the beginner stages, an important lesson I learned was:

Total number of tournaments attended: *(If zero, please explain below)*

Total number of demonstrations attended: *(If zero, please explain below)*

Total number of seminars attended: *(If zero, please explain below)*

Total number of contributions to my school *(If zero, please explain below)*

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Intermediate Section © copyright 2004 U.S. Chung Do Kwan Association, Inc.



Intermediate Summary Page

USCDKA Membership Card Expires on what date:

My long-term goal in Taekwondo is:

During my training in the intermediate stages, my favorite technique(s) were:

During my training in the intermediate stages, an important lesson I learned was:

Total number of tournaments attended: *(If zero, please explain below)*

Total number of demonstrations attended: *(If zero, please explain below)*

Total number of seminars attended: *(If zero, please explain below)*

Total number of contributions to my school *(If zero, please explain below)*

Instructor's comments:

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Advanced Summary Page

USCDKA Membership Card Expires on what date:

My long-term goal in Taekwondo is:

During my training in the advanced stages, my favorite technique(s) were:

During my training in the advanced stages, an important lesson I learned was:

Total number of tournaments attended: *(If zero, please explain below)*

Total number of demonstrations attended: *(If zero, please explain below)*

Total number of seminars attended: *(If zero, please explain below)*

Total number of instruction hours: *(If zero, please explain below)*

Total number of contributions to my school *(If zero, please explain below)*

Instructor's comments:



Instruction Log

Date	Type of instruction	Time Period	Hours Accumulated	Approved

Totals				



Black Belt Pre-Test

Date: ____ Location: _____

Review Board Members

Area	Strong Point	Weak Point	Comment	Name of Examiner
Techniques				
Basic Kicks				
Advanced Kicks				
Upper Body Strength				
Balance				
Focus				
Form				
Concentration				
Respect				
Appearance				
Shift Body Wt				
Power				
Poomse'				
One Steps				
Touch One Step				
Free Sparring				
Multiple Spar				
Self Defense				
Board Breaking				
Concrete Break				
Brick Break				
Oral Quiz				
Portfolio				

Pre-Test BOARD FEEDBACK

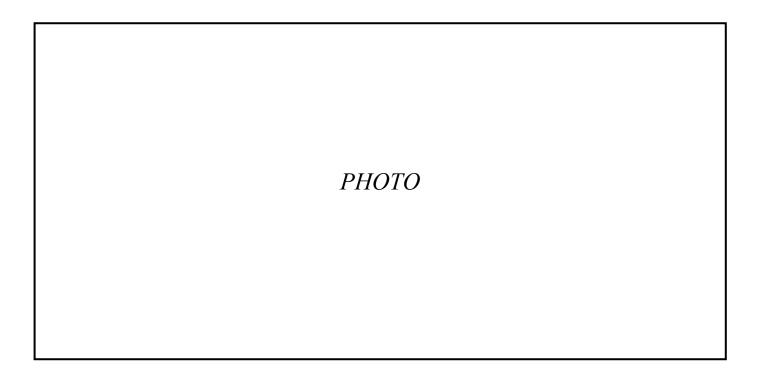
_ ____



MY FIRST BOARD

Event		
Date	Technique	

AUTOGRAPHS





MY FIRST PROMOTION EXAM

Date: _____ Location: _____

Review Board Members

AUTOGRAPHS
PHOTOS

Some memories from my First Promotion Exam Are:



Extra Contributions for My School

In this section you may record any activity that you have participated in or held responsibility for that has not already been covered in this portfolio to help your Instructor or the growth of your school. A good student will always have items in this section. When a person is involved in an activity that touches their life, they should be willing to

help others achieve the same. *Examples might be people you have referred to your school as potential students, hosting a graduation ceremony, helping at the testing table, taking responsibility for the inventory of breaking material at a demonstration, duties at the school, passing out flyers, advertising for your school, etc.*

Date EXAMPLE: 3/04	Event Testing	My Involvment Greeted Parents and Guests



Tournaments

This page is to be used as an overflow if needed in any of the belt color pages

Date Event Participation: Did you place: Comments:	Poomse Sparing Poomse 1 st Place Sparring 1 st Place	Location Person in charge Officiate Coach 2^{nd} Place 3^{rd} Place 2^{nd} Place 3^{rd} Place
Date Event Participation: Did you place: Comments:	Poomse Sparing Poomse 1 st Place Sparring 1 st Place	
Date Event Participation: Did you place: Comments:	Poomse Sparing Poomse 1 st Place Sparring 1 st Place	Location Person in charge Officiate 2 nd Place 2 nd Place 3 rd Place
Date Event Participation: Did you place: Comments:	Poomse Sparing Poomse 1 st Place Sparring 1 st Place	Person in charge Officiate Coach
Date Event Participation: Did you place: Comments:	Poomse Sparing Poomse 1 st Place Sparring 1 st Place	



Demonstrations

This page is to be used as an overflow if needed in any of the belt color pages

Date Event Summary	Location Supervisor
Date Event Summary	Location
Date Event Summary	Location Supervisor
Date Event Summary	Location Supervisor
Date Event Summary	Location Supervisor

THE WOMPACE	GUP The Belt of		UNG DO KWAN REAT BLUE WAVE"
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	o my school:		
	15		
Awards & Recognition I hav	re received during my training as a	Gup:	
EVENT PARTICIPATION DEMONSTRATION: Date	<u>N</u> e: Locati <mark>on:</mark>	Event Name:	
	e: Location:		S
SEMINAR: Dat	e: Location: PORTFOLIO	and a second second second	<u>×</u>
Grade Scale: 9.5 to 1		7.5 to 8.0 = B 6.5 to 7.0 = C	5.5 to 6.0 = D
Category 1. All Records Complete 2. Training Log Up To D 3. Photos 4. Unique Designs 5. Overall Creativity	Score Incon	plete Average Score	Letter Grade
Comments Grading Instructor		Date	

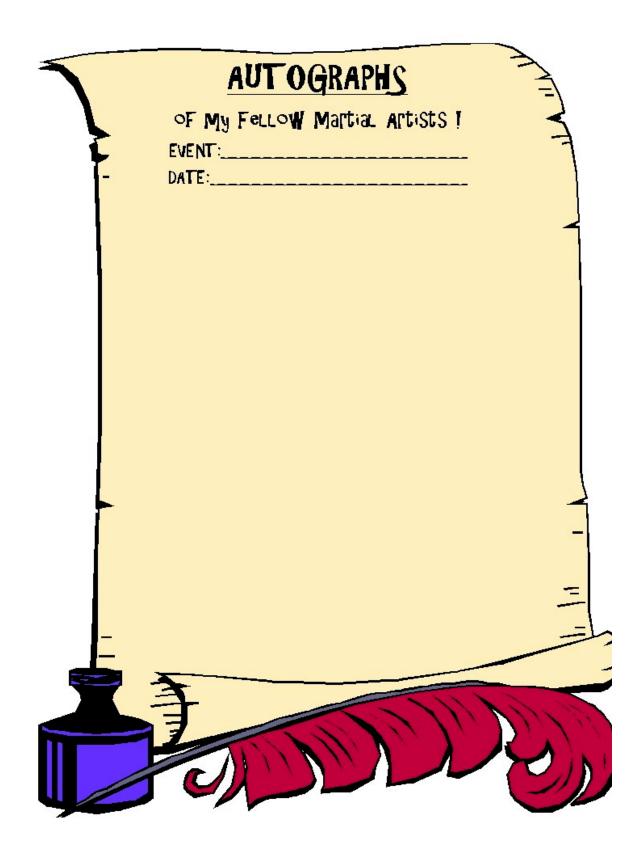




Photo Diary Use the following pages for favorite photos during each belt rank.





Photo Diary For 10th Gup While Bell





9th Gup Yellow Belt

































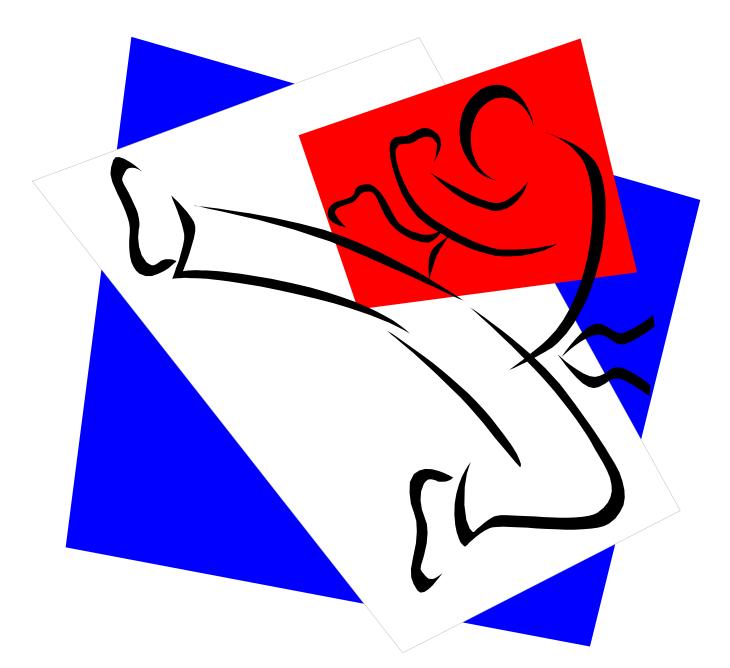


3

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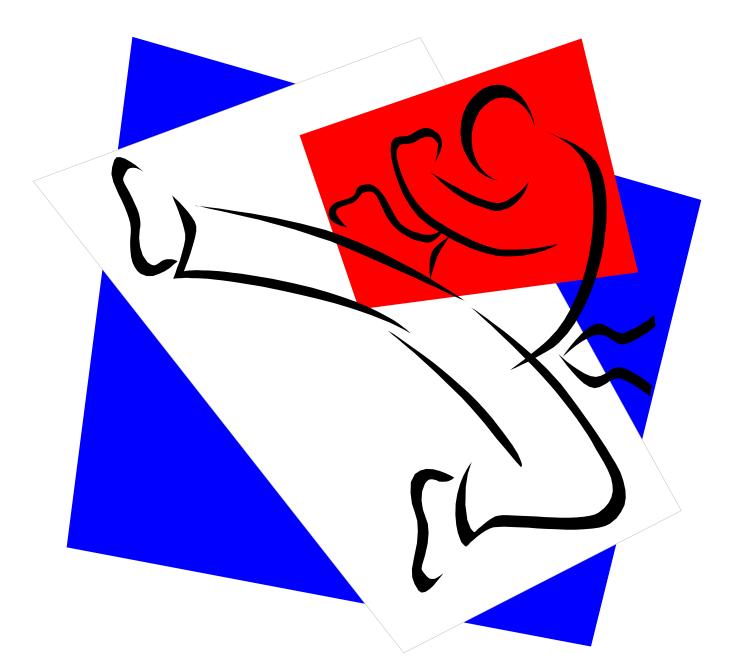
Event Flyers & Brochures Attach flyers and brochures behind this cover page.







Attach publications behind this cover page.





Notes
