

MARTIAL ARTS UNIVERSITY



WORLD CHUNG DO KWAN



GRANDMASTER R.E MCDOWELL
8th DAN, UNIVERSITY PRESIDENT



STUDENT INFORMATION

Name _____ Birthday _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Date of my first class _____

Additional information that the instructor should know about the student: Physical limitations etc.

Note: This is a contact sport- By joining (Participating), you agree to hold harmless Martial Arts University. its members, officers, instructors, and officials from all damages, costs, injuries, and expenses. However, occurred, during or as a result of training with Martial Arts University.

Fill in the blanks for each column. Certificate number must be recorded for each rank. Set goals for upcoming ranks with your Instructor. The average training is 2 years to a Black Belt.

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

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.

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

Taekwondo 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.

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
-----	-----	-----	-----	-----	------	------	-----	------	-----	-----	-----

[illegible][illegible]



10th GUP WHITE BELT

The Belt of Beginnings

no testing required

During my training as a 10th Gup, the things I enjoyed most were: _____

During my training as a 10th Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 10th Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 10th Gup: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 7.5 to 8.0 = B 6.5 to 7.0 = C 5.5 to 6.0 = D

Category	Score	Incomplete	Average Score	Letter Grade
1. All Records Complete	_____	<div></div>	<div></div>	<div></div>
2. Training Log Up To Date	_____			
3. Photos	_____			
4. Unique Designs	_____			
5. Overall Creativity	_____			
Comments _____				
Grading Instructor _____		Date _____		



9th Gup Testing requirements your first test!

Meaning: Represents the warmth of the winter's sun that melts the winter snow.

1. How to, and why do we bow
2. Stances: Attention stance, Ready stance, Horse stance, Square stance,
3. How to make a fist-punch (push/pull)
4. Blocks: Star Block set – Chum be, ready position-Horse stance with both hands at your hips, High block, inside block, Hammer block, Low block from cross shoulder, hand back to ready position, then Check block (Single-double handed) shout on last 2 moves.
6. Kicking: Front ups (stretch), front snap kick, front thrust kick, side-up (stretch), sidekick, side thrust
7. Drills: step punch. Step kick

11 years and older: additional requirements

8. Written test
9. 1 steps 1-5
10. The general rules of defense:
 - Run rather than hurt
 - Hurt rather than maim
 - Maim rather than kill
 - Kill rather than be killed



9th GUP YELLOW BELT

The Belt of Encouragement

During my training as a 9th Gup, the things I enjoyed most were: _____

During my training as a 9th Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 9th Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 9th Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 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 Date
3. Photos
4. Unique Designs
5. Overall Creativity

Score

Incomplete

Average Score

Letter Grade

Comments

Grading Instructor _____

Date _____



8th Gup Testing Requirements

Represents the changing of the body from old to new.

1 Review previous techniques

2 Stances: Back stance, T stance

3. Keibons set 1: Chum be, ready position horse stance with both hands at your hips, low block left, low block right, outside block left, outside block right, High block left, high block right, double punch left right. Shout on the last 2 moves.

4 Strikes: Knife hand strike, Palm heel strike, Elbow strike, Knuckle strike

5 Kicks: Review of front snap kick, Review of sidekick (with power and speed, round kick, Crescent kick in and out

11 Years and older: Requirements

6 Tae Geuk iL Chong – Form #1 “Heaven and Light”

7 Drills: Fundamentals 1-3

8 One steps beginner: 1- challenge 2- punch, 1- ABC’s – (first 5)

9 Self Defense: Basic release, wrist, lapel, and neck

10. Written test



8th GUP Y/O BELT

The Belt of Excitement

During my training as an 8th Gup, the things I enjoyed most were: _____

During my training as an 8th Gup the things I have found that I need to work on are: _____

My accomplishments during my training as an 8th Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as an 8th Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 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 Date
3. Photos
4. Unique Designs
5. Overall Creativity

Score

Incomplete

Average Score

Letter Grade

Comments

Grading Instructor _____

Date _____



7th Gup Testing Requirements

Represents the color of the sunrise, showing that the day has begun.

1. Review previous techniques

2. Stances: fighting stance and all others learned previously

3. Keibons set 2: Chum be, ready position horse stance with hands at your hips, inside block left, Inside block right, inside left chop strike to the right side, twisting your stance to a square stance with your right foot forward, inside right chop strike to the left side, twisting your stance to the left in a square stance with your left foot forward, low suto block left twist stance to a right in a square stance blocking with your left over your left leg, low suto block right, twisting your stance to the left in a square stance, blocking over your right leg, Moving back to a horse stance, Double high punch left-right left. Shout on the last 2 moves.

4. Strikes: Double punch, Double elbow strike, Back fist, Knife hand strikes

11 years and older: Requirements

5. Tae Geuk Ee Chong – Form #2 “Joy”

6. Fundamentals 4-6

7. Kicks: Review round, Crescent with speed and power, Hook kick, Front leg kicks

8. One step: 6-10

9. Self Defense: Neck grab from behind, Bear hug from behind

10. Written test



7th GUP ORANGE BELT

The Belt of Inspiration

During my training as a 7th Gup, the things I enjoyed most were: _____

During my training as a 7th Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 7th Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 7th Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 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 Date

3. Photos

4. Unique Designs

5. Overall Creativity

Score

Incomplete

Average Score

Letter Grade

Comments

Grading Instructor _____

Date _____



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)

Instructor's comments: _____



6th Gup Green Belt

It represents a green tree growing and gaining knowledge.

1. Review previous techniques
2. Stances: moving stances for distance and spacing
3. Blocks: Keibons set 3: Chum be, ready position, Outside suto block left hand, Outside suto block right hand, Double low suto block to the left in a circle motion, Double low suto block to the right in a circle motion, Face chop (Suto) left side, face chop (Suto) right side, Check block right hand leave hand at check position spear hand left, check block left hand leave hand at check position spear hand right hand, Shout at last 2 moves.
4. Moves: double moves, High block, knife hand, outside hammer blocks, Block kick combo, Kick-double punch combo, Knife hand strike middle, Side knife hand block (inventive)

11 and older requirements:

5. Tae Geuk Som Chong – Form #3 “Fire and Sun”
6. Fundamentals 7-9
7. Kicks: Review hook kick with speed and power, Double kicks, front kick sliding backward
8. One step 11-15
9. Self Defense: Locks, Intermediate releases (ages 15 and up)
10. Written test



6th GUP GREEN BELT

The Belt of Talent

During my training as a 6th Gup, the things I enjoyed most were: _____

During my training as a 6th Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 6th Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 6th Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 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 Date
3. Photos
4. Unique Designs
5. Overall Creativity

Score

Incomplete

Average Score

Letter Grade

Comments

Grading Instructor _____

Date _____



5th Gup Purple Belt

Represents a purple flower with beauty and growth

1. Review previous techniques
2. Stances: Review stances for balance and power
3. Blocks: Keibons set 4: Chum be, Left foot stepping to the left angled in a square stance preparatory position, front up (Stretch) right leg back then front kick, putting your right foot next to your left foot moving your left foot back to a square stance front up (Stretch) left leg back then front kick left leg, bring your left foot back to your right foot, stepping to your right angled with your right foot square stance, preparatory position, left leg up (stretch) kick back to a front kick bringing your left foot back to your right foot step back with your right foot to a square stance preparatory position, front up (Stretch) right leg, back to a front kick bringing your right foot back to your left foot then stepping with your left foot angled to your left in a square stance preparatory position. (Shout on front kicks and last move)
4. Moves: Hammer strike, Elbow strike in a square stance, auto block, Spear hand
5. Tae Geuk Sa Chong – Form #4 “Thunder” (10 YEARS AND UP)
6. Kicks: Review double kicks with speed and power, side kicks in a square stance, Combo kicks

11 years and older requirements:

7. Fundamentals 10-12
8. One step: 16-20
9. Self Defense: release from counterattack
10. Written test



5th GUP PURPLE BELT

During my training as a 5th Gup, the things I enjoyed most were: _____

During my training as a 5th Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 5th Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 5th Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 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 Date
3. Photos
4. Unique Designs
5. Overall Creativity

Score

Incomplete

Average Score

Letter Grade

Comments

Grading Instructor _____

Date _____



4th Gup Blue Belt

Represents the sky, reaching up higher for knowledge

1. Review previous techniques

2. Stances: Twisting with suto block – different uses

3. Blocks: Keibons set 5-6: 5:Chum be, move your left leg left to a Side ready position with your hand to the side, step over/cross to your left side up, end in side ready position, cross over moving to your right, right side up with right leg end in side ready position hands to the side, moving left cross over side kick with left leg end in ready position with hand to your side, moving right cross over side kick with right leg end in ready position with hands to your side, moving left pivot side kick with right foot the left foot end I side ready position with hands to the side, moving right pivot side kick left foot then right foot end in side ready position with hands to the side, (Shout on last side kick)

Keibon 6: Chum be, Ready position moving your left foot to the left in a fighting stance with hand up, Front kick right foot, round kick left foot, 360 hook kick right foot bringing you kicking foot back to the starting position, round kick, jump switch stance facing toward your right, right foot forward. Front kick left foot, round right left foot, 360 hook kick left foot bringing your kicking foot back to starting position, round kick left foot, jump switch stance with your left foot facing left.

4. Moves: Stepping backward fighting stances, Face chops, moving back fist jump

5. Drills: combo with knife-hand step, elbow, high block, sidekick

11 years and older requirements:

6. Tae Geuk O Chong – Form #5 “Wind”

7. Fundamentals 13-15

8. One step 21-25

9. Self Defense: release and counterattack

10. Written test



4th GUP BLUE BELT

The Belt of Patience

During my training as a 4th Gup, the things I enjoyed most were: _____

During my training as a 4th Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 4th Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 4th Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 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 Date
3. Photos
4. Unique Designs
5. Overall Creativity

Score

Incomplete

Average Score

Letter Grade

Comments

Grading Instructor _____

Date _____



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: _____



3rd Gup Red Belt

Represents the sun having energy and brilliance

Written test: Students under the age of 10 will be allowed parental assistance.

1. Review previous techniques

2. Blocks: Keibons set 7-8 (7): Chum be, Ready position is with you feet together knees bend hand in front at your chest ready to jump, tuck-Jumping straight up bringing you knees outside your elbow, jump front kick left, front jump kick left, jump split front kick, jump side kick left, jump side kick left, jump round kick left foot bringing the foot back to starting position, jump round kick right foot returning to the starting position. (shout on last kick)

Keibon 8: Chum be, Ready position moving your right foot to the right in a fighting stance with your hands up, spin crescent left foot stepping forward, side kick low high right foot, round kick low high with left foot, pivot hook kick with round kick stepping down with right foot forward turning to your left with your left foot forward in a fighting stance, spin crescent left foot stepping forward, side kick low high left foot, round kick low high right foot, pivot hook kick with round kick left foot putting foot down then turning to the right in a fighting stance.

3. Moves: Cross hand check block, Double low suto block, Support arm block with checking block, Twisting upper back fist, Double hand sizer block, Two-handed double middle block, Knee strike/break, Double hand uppercut, X block, straight arm back fist

4. ilgop (7) elbow strikes

11 years and older requirements:

5. Tae Geuk Yuk Chung – Form #6 “Water”

6. Drills: Fundamentals 16-17

7. Kicks: Shuffle, switch kicks with speed and power, Jump front snap/side/round, spin sidekick

8. One step: 26-30

9. Self Defense: Weapon defense

10. Written test



3rd GUP RED BELT

The Belt of Energy

During my training as a 3rd Gup, the things I enjoyed most were: _____

During my training as a 3rd Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 3rd Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 3rd Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 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 Date

3. Photos

4. Unique Designs

5. Overall Creativity

Score

Incomplete

Average Score

Letter Grade

Comments

Grading Instructor _____

Date _____



2nd Gup Brown Belt

Represents the soil of the Earth giving lasting foundation

Written test: students under the age of 10 will be aloud parental assistance.

1. Review previous techniques

2. Blocks: Keibons set 9-10 (9): Chum be, ready position moving your right foot to the right in a fighting stance with your hands up, jump spin side kick left foot, jump pivot side kick right foot, jump pivot round kick left foot, jump pivot hook kick right foot, turn facing to your left jump spin side kick right root, jump pivot side kick left foot, jump pivot round kick right foot, jump pivot hook kick left foot. Turn facing to your right in a fighting stance.

Keibon (10): Chum be, Ready position move your left foot to your left in a fighting stance hands up, shuffle front kick left foot, jump pivot front kick right foot, jump 360 crescent kick left foot landing back to the starting position, jump pivot front kick left foot, turn facing to your right in a fighting stance hands up, Shuffle front kick right foot, jump front kick left foot, jump 360 crescent kick right foot landing back in the starting position, jump pivot font kick right foot, turn facing left in a fighting stance hands up. (Shout on the last kick).

3. Moves: Double hand in to out middle block combo to a stretching low and high block with long stance
Combo knife-hand block to an elbow strike, then add back fist, two-finger strike, down face spear hand strike, back fist, twin low block, pulling block.

4. Kicks: Jump front/side, Spin kicks with speed and power, Hand movements, Spin crescent, Spin hook

11 years and older requirements:

Tae Geuk Chil Chong – Form #7 “Mountain”

4. Fundamentals 1-15

5. One step 31-35

6. Self Defense: advanced throws

7. Written test



2nd GUP BROWN BELT

The Belt of Skill

During my training as a 2nd Gup, the things I enjoyed most were: _____

During my training as a 2nd Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 2nd Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 2nd Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 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 Date
3. Photos
4. Unique Designs
5. Overall Creativity

Score

Incomplete

Average Score

Letter Grade

Comments

Grading Instructor _____

Date _____



1st Gup Brown Belt w/ Black Stripe

Represents a bridge taking an individual from student to teacher

Written test: students under the age of 10 will be allowed parental assistance.

1. Review previous techniques

2. Blocks: Keibons set 1-10

3. Moves: Tiger's mouth, Ridge hand, Knee breaks, open hand twin elbow strike, arc strike, scooping block, twin high block, w block, pushing black hands together.

4. Kicks: Spin crescent, Spin hook with speed and power, Jump spin kicks (inside crescent, side)

11 years and older requirements:

5. Tae Geuk Pil Chong – Form #8 “Earth”

4. Drills: 15 Fundamentals

6. One step: 36-40

7. Self Defense: advanced breaking bear hug

8. Written test



1st GUP BROWN BELT

The Belt of Competency

During my training as a 1st Gup, the things I enjoyed most were: _____

During my training as a 1st Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 1st Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 1st Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 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 Date

3. Photos

4. Unique Designs

5. Overall Creativity

Score

Incomplete

Average Score

Letter Grade

Comments

Grading Instructor _____

Date _____



SUMMARY PAGE FOR BLACK BELT TESTING

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:



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

[illegible]

Totals				



Black Belt Pre-Test

Date: _____ Location: _____

Review Board Members

Pre-Test BOARD FEEDBACK

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				



MY FIRST BOARD

Event _____
Date _____ **Technique** _____

AUTOGRAPHS

PHOTO



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 Involvement Greeted Parents and Guests



Tournaments

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

Date					Location				
Event					Person in charge				
Participation:	<input type="checkbox"/>	Poomse	<input type="checkbox"/>	Sparing	<input type="checkbox"/>	Officiate	<input type="checkbox"/>	Coach	
Did you place:	<input type="checkbox"/>	Poomse	<input type="checkbox"/>	1st	<input type="checkbox"/>	2nd	<input type="checkbox"/>	3rd	
	<input type="checkbox"/>	Sparring	<input type="checkbox"/>	Place	<input type="checkbox"/>	Place	<input type="checkbox"/>	Place	
Comments:					1st	2nd	3rd		
					Place	Place	Place		

Date					Location				
Event					Person in charge				
Participation:	<input type="checkbox"/>	Poomse	<input type="checkbox"/>	Sparing	<input type="checkbox"/>	Officiate	<input type="checkbox"/>	Coach	
Did you place:	<input type="checkbox"/>	Poomse	<input type="checkbox"/>	1st Place	<input type="checkbox"/>	2nd Place	<input type="checkbox"/>	3rd	
	<input type="checkbox"/>	Sparring	<input type="checkbox"/>	1st Place	<input type="checkbox"/>	2nd Place	<input type="checkbox"/>	Place	
Comments:							3rd		
							Place		

Date					Location				
Event					Person in charge				
Participation:	<input type="checkbox"/>	Poomse	<input type="checkbox"/>	Sparing	<input type="checkbox"/>	Officiate	<input type="checkbox"/>	Coach	
Did you place:	<input type="checkbox"/>	Poomse	<input type="checkbox"/>	1st	<input type="checkbox"/>	2nd	<input type="checkbox"/>	3rd	
	<input type="checkbox"/>	Sparring	<input type="checkbox"/>	Place	<input type="checkbox"/>	Place	<input type="checkbox"/>	Place	
Comments:					1st	2nd	3rd		
					Place	Place	Place		

Date					Location				
Event					Person in charge				
Participation:	<input type="checkbox"/>	Poomse	<input type="checkbox"/>	Sparing	<input type="checkbox"/>	Officiate	<input type="checkbox"/>	Coach	
Did you place:	<input type="checkbox"/>	Poomse	<input type="checkbox"/>	1st Place	<input type="checkbox"/>	2nd Place	<input type="checkbox"/>	3rd	
	<input type="checkbox"/>	Sparring	<input type="checkbox"/>	1st Place	<input type="checkbox"/>	2nd Place	<input type="checkbox"/>	Place	
Comments:							3rd		
							Place		

Date					Location				
Event					Person in charge				
Participation:	<input type="checkbox"/>	Poomse	<input type="checkbox"/>	Sparing	<input type="checkbox"/>	Officiate	<input type="checkbox"/>	Coach	
Did you place:	<input type="checkbox"/>	Poomse	<input type="checkbox"/>	1st Place	<input type="checkbox"/>	2nd Place	<input type="checkbox"/>	3rd	
	<input type="checkbox"/>	Sparring	<input type="checkbox"/>	1st Place	<input type="checkbox"/>	2nd Place	<input type="checkbox"/>	Place	
Comments:							3rd		
							Place		



Demonstrations

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

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

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

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

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

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

AUTOGRAPHS

OF MY FELLOW MARTIAL ARTISTS !

EVENT: _____

DATE: _____

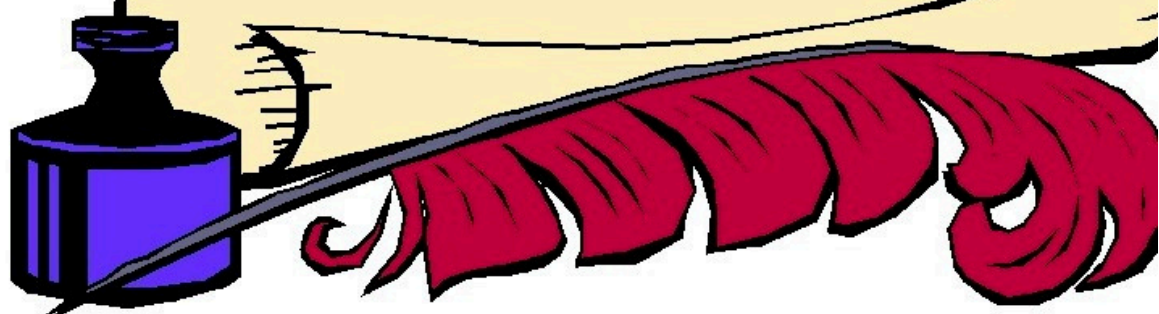




Photo Diary

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



Photo Diary *For* **10th Gup White Belt**



Photo Diary

For

9th Gup Yellow Belt



Photo Diary

For Y/O

8th Gup Gold Belt



Photo Diary *For* **7th Gup Orange Belt**



Photo Diary
For
6th Gup Green Belt



Photo Diary
For

5th Gup Purple Belt



Photo Diary
For
4th Gup Blue Belt



Photo Diary
For
3rd Gup Red Belt



Photo Diary *For* **2nd Gup Brown Belt**



Photo Diary
For
1st Gup Brown Belt



Photo Diary

For



Event Flyers & Brochures

Attach flyers and brochures behind this cover page.



Publications

Attach publications behind this cover page.

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