

Testing for **Black Belt- 1Dan/Poom**

Requirements

- ☐ Attend a minimum of 80 classes during the 12 months after you receive your brown belt
- ☐ Assist in a minimum of 60 classes (You must sign up for the warm- up schedule)
- ☐ Complete a written exam
- ☐ Write an essay: What does obtaining a Black Belt mean to you?
- ☐ Count from 1-100 in Korean
- ☐ Perform forms: White Belt through Brown Belt (10 times)
- ☐ Do all basic blocks and kicks (100 times)
- ☐ Do push-ups and sit-ups
- ☐ Complete a 15 minutes of (non-stop) free sparring (W.T.F. approved sparring gear with school logo is required)
- ☐ Break 5 boards- creative breaking and 1 cinder block (for those 15 years or older)
- ☐ Be mentally and physically prepared for your black belt test!

This black belt test is split into various parts every month that focus on certain sections from the above requirements.

Please ask the front desk for more information. Good luck!

For Red, Brown, and Black Belts:

As part of the belt test rules and regulations of Master Song's Martial Arts School, all Red, Brown and Black Belts must assist in a certain number of classes in order to pass onto the next level.

- 1) Once you receive your red, brown, or black belt you must contact the office to set up your schedule for assisting with class warm-up.
- 2) Ask a staff member to record in the chart each time you assist with the class warm-up.
- 3) The dates you assist with the class warm-up must coincide with your attendance in class. (Don't forget to bring in your ID card)
- 4) If you are unable to attend class for which you are scheduled to assist with the class warm-up, please provide the school with a 24 hour advance notice and you will not receive credit for the warm-up.
- 5) Leading the class warm-up will help students to develop self-confidence, courage, leadership and responsibility.

"In Guwa Ung Bo"

(Treat others as you would have them treat you.)