

AJK's Martial Arts and Fitness Center, Inc.

1st Degree Black Belt Test Requirements

Dear Student,

On behalf of AJK's Martial Arts and Fitness, Center, Inc., we would like to congratulate you on successfully completing your RBBPE (Recommended Black Belt Promotion Exam). As a recommended black belt you are part of the foundation of AJK's TKD. We continue to make many positive changes at the school and we would like to thank you for your commitment to your training and continued support.

Enclosed is a copy of the black belt testing requirements. In order to prepare you for your exam, please read over the outlined requirements carefully. We have also included a DTL (Daily Training Log). This log will assist you in being an active participant in your goal for black belt. Please feel free to call if you should have any questions.

Also, we have recently added BBD (Black Belt Development) classes. These classes usually begin running 6 months prior to the black belt test, and they are a great way to prepare for and/or maintain black belt status. You have made a commitment to yourself to grow and improve your lifestyle through the Martial Arts, and we look forward to your continued success and improved mental and physical abilities.

Sincerely,

Adam J. Kinowski, 4th Dan
Chief Instructor/Director
714-791-5877



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1st Degree Black Belt Test Requirements Continued

Endurance and Strength

- I. Thirty (30) mile running log to be started ten (10) weeks before the exam and finished at least two (2) weeks prior to the exam. You must submit your DTL (Daily Training Log) two (2) weeks before the exam.
- II. One hundred (100) push-ups, completed during the black belt exam.
- III. One hundred (100) sit-ups, completed during the black belt exam.
- IV. Fifty (50) squat thrusts, completed during the exam.

Forms and Techniques

- I. All basic hand techniques.
- II. All kicking techniques and combinations.
- III. All patterns need to be practiced and perfected. All ten (10) colored belt forms will be required.
- IV. Personal pattern.
- V. All twelve (12) one-step sparring techniques.
- VI. *All fourteen (14) self-defense techniques as directed.
- VII. Board breaking: Five (5) boards – maximum three (3) stations.
- VIII. Free sparring (At least 16 hours must be completed prior to the test date).

(*A portion of the fourteen (14) self-defense techniques are subject to be omitted from the Black Belt exam.)

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1st Degree Black Belt Test Requirements Continued

Personal Pattern

The purpose of creating a black belt pattern is to demonstrate your personal knowledge of taekwondo and to perform the techniques which you have been taught over many years of training. Your pattern must include a minimum of thirty (30) movements that include four (4) different blocking techniques, four (4) different strikes, four (4) different kicks, and needs to be in the shape of a capital "I". You must demonstrate your personal pattern to Mr. Kinowski two (2) weeks prior to the black belt exam. We will go over your pattern privately to make sure you've successfully constructed the pattern.

These are the requirements for your personal pattern:

- Must include a minimum of thirty (30) movements
- Four (4) different blocking techniques
- Four (4) different strikes
- Four (4) different kicks
- Construct pattern in the shape of a capital "I"
- Perform complete pattern for Mr. Kinowski (You may videotape it.)
- Type out the name of your personal pattern and its meaning. This information can be included in or in addition to your black belt essay.

Optional features you may include in your pattern:

- Music (Please let Mr. Kinowski know what type of musical device you will be using.)
- Weapon (You must be familiar with the desired weapon.)
- Boards (you are allowed three (3) boards.)

If you should have any questions concerning the personal black belt patterns, please me at 714-791-5877. I will be more than happy to answer any questions or to schedule private lessons to ensure black belt success.

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1st Degree Black Belt Test Requirements Continued

Black Belt Essay

Athletes are expected to prepare a typed, two-page, double-spaced essay outlining their original goals when starting Taekwondo, your experiences with AJK's TKD, your training, your improved mental and physical abilities, and your goal as a new black belt. All black belt candidates must submit their essay two (2) weeks prior to testing.

These are the requirements for your black belt essay:

- Two (2) copies, two (2) pages, typed, double-spaced, with a cover
- Your overall Taekwondo experience
- Your overall training
- Your improved mental and physical abilities
- Your goal as a new black belt

Please deliver your black belt essay to Mr. Kinowski.

If you should have any questions concerning the black belt essay, please contact Mr. Kinowski at 714-791-5877. I will be more than happy to answer any questions or schedule a private lesson to ensure black belt success.

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1st Degree Black Belt Test Requirements Continued

Black belt exam date

AJK's will be conducting its black belt exam in three phases with the finale and promotion on Friday, May 23rd from 3:30 to 5:00. The first phase will be held on Friday, May 2nd from 3:30 to 4:45 and the second phase will be held on Friday, May 16th from 3:30 to 4:45. These dates are final, and athletes must attend them to achieve their black belts. These dates may also serve as a maintenance exam for current black belts. Note: Your black belt essays may be read during the exam, unless you request otherwise. The location of the black belt exam will be at Carden Hall unless another location has been stated.

Please note that essay, personal forms, completed Daily Training Log, and black belt testing fees must be received no later than two (2) weeks prior to the exam. Your 1st Dan promotion fee is \$475.00, and includes your black belt, black belt uniform (Full name will be printed on uniform and black belt), promotion exam, Kukkiwon certification processing, and your 10 x 14 Kukkiwon Black Belt Certificate from the World Taekwondo Headquarters in Korea. We recognize that this is an expense, please contact Mrs. Kinowski at 949-394-0410 to discuss installment payments.

Please note that the belt presentation for Black Belt Dan promotion Candidates will be held on the same day as the exam. All families, friends, AJK's TKD students, and Martial Arts students alike are welcome to attend the promotion exam. This is a very special day that should be shared with the people who have supported you during your journey to black belt.