

Black Belt Evaluation Test

- **Black Belt Official Test and Evaluation Test offered only 4 times a YEAR**
- **1st and 2nd Degree Black Belt MUST take 2 and 4 times evaluation Test(Every 6 months) to promote next Dan Test**

Requirements for Evaluation Test:

1. 1st and 2nd Degree Black Belt Holders

- **Poomse (Form):** 1st Degree B.B: 2 of Tae Kug, 1 of Pal Gue, and Korea
2nd Degree B.B: 1 of Tae Kug, 1 of Pal Gue, Korea, & Kum Kang
- **Techniques: (Including all prior ranking techniques)**
 - Stance – Cat Stance, Bird Stance,
 - Basic Movement (1st Degree B.B) – # 1 to # 72, and Ki Bon Hyung
 - Advance Movement (2nd Degree B.B) - #1 to #72
 - Combination Advanced
 - 1 Step Sparring – #1 to #15(1st Degree B.B), #1 to #20(2nd Degree B.B)
 - Jump and Rolling Method (1st Degree B.B) – Run and Rolling and side Breakfall
 - Jump and Falling Skills (2nd Degree B.B)
- **Breaking:** 1 Power Breaking, 1 Speed Breaking, and 1 Combination Breaking
- **0. Sparring: 1 VS 1 (3 minutes 2 round), and 2 VS 1 Sparring (1 Minute 1 Round)**
 - Demonstrate 20 good Sparring techniques
 - Demonstrate Return Kick
 - Perfect Block in Sparring

0. Terminology:

Explain the Tenets of Tae Kwon Do

- 1) Courtesy - Ye Ui
 - 2) Humility – Gum Son
 - 3) Integrity (Honest) – Jung Jik
 - 4) Perseverance – In Nae
 - 5) Self-control – Jah Jeh
 - 6) Indomitable Sprit – Back Jeol Bul Gul
- Loyalty – Chung Sung

Jeon's Tae Kwon Do Academy

Chun Ma Tae Kwon Do - American Tae Kwon Do Centers

Application for Black Belt Evaluation Test

Name: _____ Age: _____ Birth Date: _____

Address: _____ City: _____ Zip: _____

Phone: _____ Last Promotion: ____ / ____ / ____ Test Fee: \$70 Paid: _____

If at any time I violate any of the following three (3) rules and regulations governing Chun Ma Tae Kwon Do Academy, Inc., I hereby agree that the Chun Ma Tae Kwon Do Academy Reserves the right to suspend my rank or status:

0. The purpose of the martial arts is to improve both mental and physical health and all members must uphold and protect the honor and prestige of the Martial Arts.
1. Members are forbidden to use Martial Art Techniques to provoke and challenge innocent persons, and such use will make offending members subject to disciplinary action.
2. That the Chun Ma Tae Kwon Do Academy is the sole and only judge of my qualifications and achievement in the Martial Arts.

I will accept any grade or belt rendered by the school and federation with complete satisfaction, neither demanding nor protesting for a higher grade or belt.

Date: ____ / ____ / ____ Applicant's Signature: _____

Parent's or Guardian's Signature: _____

(If applicant is under 18 years old)

CATEGORY	Grade	Comments
B. Movement		
Poomse		
Hand Skills		
Kick Skills		
1 – T – L – S		
Sparring		
Breaking		
Terminology		
Endurance		
Speed Kick		

Written Test

Must be completed before student receives belt

Terminology:

Please Write 5 examples of respectable behaviors and 5 examples of disrespectful behaviors in Tae Kwon Do Studio (Do Jang):

Personal Growth:

Explain the “Modesty” and write 1 good example:

Parents (Spouses) Turn:

What Improvements have you seen in your child/spouse since their last promotion test? In what areas?

In what Areas would you like to see more improvement?

Space for additional comments (Students/Parents/Spouse):