



Congratulations

The summit is within sight.

You have reached a vital point in your journey.

Now is the time to become even more dedicated and motivated.

Black Belt is within your grasp.

The ingredients of success are knowledge in your mind, honesty in your heart and strength in your body. We must constantly work on all three. Good luck in your training over the next several months.

Your goal should be to become a **Black Belt** at a higher level or to become an Instructor.

Our goal is to help you achieve it. If there is anything that we can do to help with your progress, please don't hesitate to ask.

Black Belt Testing Preparation

Testing day at Martial Arts of West End is a unique experience with a long tradition of excellence.

It has been a pivotal point in many students' lives.

A special demonstration designed to instill confidence and direction.

"Testing will be a day to remember"

Purpose of Testing

1. Testing is a special class for you to demonstrate what you have learned.
2. Testing is an official graduation to your next belt level.
3. Testing is an opportunity for you to share Martial Arts with your friends and family.

Testing Requirements

All Required Documents To be Submitted (In-person or Email) By:

The end of February of the testing year

Black Belt Exam Part I

This is the first phase of the exam. Black Belts will be graded on the following curriculum. You must pass this section to continue to the second phase.

1. STRENGTH, FLEXIBILITY AND ENDURANCE REQUIREMENTS FOR BLACK BELT
2. BASIC KICKS AND KICKING COMBINATIONS
3. SELF DEFENSE DEMONSTRATION
4. PERFORM ALL FORMS UP TO YOUR LEVEL.

Black Belt Exam Part II

1. CONTROL SPARRING
2. WEAPON FORM (If required at your level)
3. SELF DEFENSE WITH MULTIPLE ATTACKERS
4. CONTROL SPARRING AGAINST 2 OR 3 OPPONENTS
5. BREAKING

Black Belts Candidates one at a time will report 'Ex: "My name is John Doe, Sir!" 60 second Speech based on Black Belt essay. All speeches are closed with the statement; "I am a Dedicated Martial Artist making a difference in my community Sir!"'

Things to Remember

1. Arrive at least 1 Hour early.
2. Wear a clean Martial Arts Uniform and belt.
3. Bring all weapons with you to testing.
4. All Black Belt testing paperwork and testing fee turned in one month prior to testing.
5. All students are required to bring 5 witnesses.
6. Make travel arrangements for you and your family.

Testing Fees

The testing fee for 1st Dan and higher will be \$500.00.

This will Include Certification from Kukkiwon Headquarters of Taekwondo in Korea for 1st Dan and Certification from MAWE, your new black belt uniform and belt plus all testing materials.

2nd dan and higher Kukkiwon Certification will be whatever the cost at the time of your test.

Please see your instructor if you have any questions or need to make a payment plan. All applications and fees should be turned in a month before testing or a late fee of \$100.00 will be applied.

No applications will be accepted on the day of testing.

Guests

As always, we are thrilled when you bring guests to testing as we know this encourages you and gives you energy and support as you test for your Black Belt. As you invite family and friends please inform your guests that testing times are approximate and seating is limited, so they may want to come a little early. Fast food restaurants are nearby if they need lunch, but we ask that they do not bring food or drinks into the dojang during testing. The length of testing is hard to determine so please let guests know to plan for the majority of the day.

Black Belt Tea Ceremony

Approximately 1 month after testing, you will be presented with your official 1st Dan Black Belt and Certificate. This special event will be held in your honor to acknowledge your impressive accomplishments.

There will be a rehearsal for all candidates prior to the event (Date and Time to be determined). This rehearsal is mandatory. Please be on time. Candidates should wear dresses and suits.

This celebration is a pot-luck dinner so please bring your favorite dish or see the poster for what others are bringing.

Please ask your guests to wear business-casual attire.

You possess the habits and characteristics of a true Leader
Congratulations, again. You are definitely a winner.

Tea Ceremony Heart Gift

To dedicate the completion of their journey, each black belt candidate is granted the privilege and honor of participating in the black belt tea ceremony. Each Black Belt will need to prepare a small gift to have ready for the ceremony. Each candidate, as they are introduced, entrusts a small “heart gift” to one of the guards, as this is to be presented to their Instructor as a small token of affection and appreciation for their guidance and assistance throughout the years.

The candidate is then escorted by the guards, who, showing their respect with the candidate, pour a cup of ritualistic tea, the traditional Oriental drink of distinction. The candidate, after drinking the tea, is then invited to place the prints of their punching knuckles into a sheet of ceremonial rice paper, an act which represents the commitment to their training and their fellow black belts. These are their “Martial Arts fingerprints” if you will, a registry of who they are and the remarkable deed they have accomplished, an achievement no one will ever be able to take away from them. The candidate then signs and dates their entry, and returns to their place among their peers, enjoying the fulfillment of their first major martial arts goal.

We hope you will help support these black belt candidates, and enjoy this ceremony. More importantly, we hope that all of the martial arts practitioners follow through on their goal to be a part of this ceremony in the future.

(Please feel free to copy this sheet and give it to your friends & family that will be attending.)

BLACK BELT TESTING REQUIRED DOCUMENTS

All Testing will need Master's / Head Instructor's approval

For All Testing Levels

- ☐ - A Signed Black Belt Oath
- ☐ - Tea Ceremony Document Completed
- ☐ - A Black Belt Testing Application
- ☐ - A 500-word essay on "How Martial Arts changed your life."
- ☐ - prepare a 60-second speech based on your essay to be presented at belt testing

Downloadable Documents (1x of Each page needs to be Submitted):

[BB Oath and Tea Ceremony](#)

[Black Belt Testing Application](#)

1st Degree

- ☐ - Have received your Deputy Black Belt and all required tips and required testing curriculum
- ☐ - 2x recommendations from peers
- ☐ - 2x recommendations from current 1st degree black belts
- ***Children School age/After school Program only***
 - ☐ - 1x recommendation from your Parents
 - ☐ - 1x Recommendation from a teacher
 - ☐ - 1x recommendation from our staff at the Dojang (**After-school Student**)

2nd Degree

- ☐ - Two years of continuous training after receiving black belt and required testing curriculum
- ☐ - 2x recommendations from current 1st degree black belts
- ***Children School age/After school Program only***
 - ☐ - 1x recommendation from your Parents
 - ☐ - 1x Recommendation from a teacher
 - ☐ - 1x recommendation from our staff at the Dojang (**After-school Student**)

3rd Degree

- ☐ - Three years of continuous training after receiving 2nd degree black belt and required testing curriculum
- ☐ - 2x recommendations from current 1st degree black belts
- ☐ - 1x recommendation from current 2nd degree black belt
- ***Children School age/After school Program only***
 - ☐ - 1x recommendation from your Parents
 - ☐ - 1x Recommendation from a teacher
 - ☐ - 1x recommendation from our staff at the Dojang (**After-school Student**)

4th Degree

- ☐ - Four years of continuous training after receiving 3rd degree black belt and required testing curriculum
- ☐ - 4x recommendations from active 1st degree black belts
- ☐ - 1x recommendation from active 2nd degree black belt
- ☐ - 1x recommendation from active 3rd degree black belt

5th Degree

- ☐ - Five years of continuous training after receiving 4th degree black belt and required physical testing
- ☐ - 1x recommendation from active 1st degree black belt
- ☐ - 1x recommendation from active 2nd degree black belt
- ☐ - 1x recommendation from active 3rd degree black belt

6th-10th Degree

- ☐ - A minimum of 5 years between ranks. Five years of continuous training after receiving your fifth-degree black belt and required physical testing
- ☐ - 1x recommendation from active 1st degree black belt
- ☐ - 1x recommendation from active 2nd degree black belt
- ☐ - 1x recommendation from active 3rd degree black belt
- ☐ - 1x recommendation from active 4th degree black belt

Tea Ceremony

Name: _____

Belt Level: _____

Occupation: _____

Awards: _____

Date Commenced Training: _____

How has my life improved since I began training at Martial Arts of West End

My goal in Tae Martial Arts is:

Paste
Photo
Here



Black Belt Testing Application

Name: _____ Date of Birth: _____ M/F: _____

Current Rank: _____ Dan: _____ Keup: _____

Dan Testing For:

☐ 1st ☐ 2nd ☐ 3rd ☐ 4th ☐ 5th ☐ 6th ☐ 7th ☐ 8th ☐ Recertification

Applicant's or Legal Guardian's Signature: _____

Master/Instructor's Approval: _____

1. How is winning a choice?

2. How can you develop Leadership?

3. How do you build physical fitness?

4. How do you build mental fitness?

5. How do you build moral fitness?

6. How do you build financial fitness?

7. What is "Winning Spirit?"

Physical Technique	A	B	C	Philosophical Understanding	A	B	C
Health Knowledge	A	B	C	Research and/or Development	A	B	C
Character and Mental Development	A	B	C	Goals & Dreams	A	B	C

Average Score: _____ Pass: _____ Fail: _____ Skip: _____ Examiner's Signature: _____

Comments: _____



Black Belt Oath

I promise to strive for black belt excellence in all areas of my life.

I will develop the wisdom to know what is right and the courage to act on that knowledge. I will discipline myself to maintain patient, positive attitude in the face of adversity.

I will remain humble in my accomplishments, and continue to show respect, appreciation, and loyalty to my seniors and my juniors.

I will continue to improve myself physically, mentally, emotionally, and spiritually, to become a living example of Martial arts principles.

Signature

Date