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**1st Degree BLACK BELT Midterms**

**MIDTERMS**

You will hold the rank of 1st Degree Black Belt for at least a year. During this time, you will be required to complete

**Five (5) midterms** as well as the ATA Fitness Test (choose five midterms, but do not repeat any).

All forms MUST be memorized at least 30 days prior to the date you wish to midterm.

Please date and record your score for each midterm and for the fitness test:

**Midterm 1 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Shim Jun (1/2 form)

2 Rounds Sparring

Board Break (1 hand, 1 kick)

**Midterm 2 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Shim Jun

2 Rounds Sparring

Board Break (1 hand, 1 kick)

**Midterm 3 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Shim Jun

2 Rounds Sparring

Board Break (1 hand, 1 kick)

**Single Bahng Mahng Ee form (Right hand portion)**

**Midterm 4 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Shim Jun

2 Rounds Sparring

Board Break (1 hand, 1 kick)

**Single Bahng Mahng Ee form Full Form**

**Midterm 5 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Shim Jun

2 Rounds Sparring

Board Break (1 hand, 1 kick)

**Single Ssahng Jeol Bong form (Full form)**

**Midterm 6 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Shim Jun

2 Rounds Sparring

Board Break (1 hand, 1 kick)

**Jahng Bahng form (half form)**

**Midterm 7 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Shim Jun

2 Rounds Sparring

Board Break (1 hand, 1 kick)

**Jahng Bahng form (full form)**

**Midterm 8 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Shim Jun

**20 Rounds Sparring (completed on a Friday Sparring Night)**

Board Break (1 hand, 1 kick)

**Midterm 9 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Shim Jun

2 Rounds Sparring

Board Break (1 hand, 1 kick)

**Colored Belts Forms (Songahm 1, 2, 3, 4, 5)**

**Midterm 10 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Shim Jun

2 Rounds Sparring

Board Break (1 hand, 1 kick)

**Colored Belts Forms (In Wha 1, 2, Choong Jung 1, 2)**

**Midterm 11 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Shim Jun

2 Rounds Sparring

Board Break (1 hand, 1 kick)

**Creative Form (minimum of 50 techniques, must be written out and turned in ahead of graduation)**

**ATA Fitness Test Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Once 5 midterms have been completed, you are eligible to test for your 2nd degree black belt recommended**