

AJK's Taekwondo Black Belt Programs (Revised Feb. '11)

After Your Black Belt Degree Test

When you reach any degree of black belt training, a couple of things happen: First, you are mentally and physically drained from the six to eight months of painstaking training. Second, your attitude toward your training is viewed one of two ways: A – you want to give your Taekwondo training a break, or B – you're ready, willing and able to move ahead in your quest for black belt excellence. It is not uncommon to want to take a break from your training; however, you'll find yourself forgetting the material, possibly losing some of your built-up stamina or flexibility, or you may even have the desire to quit altogether. Although this might be true, it will be important for you to remember the many years of dedicated Taekwondo training which you endured to reach your degree of black belt. Giving your self permission for some time off to unwind and regroup is fine, but your Taekwondo training truly begins at the black belt level and the degrees that follow.

Remaining an Active Black Belt Practitioner

To remain a practicing black belt one must make the time to exercise consistently. Whether you choose to run, bike, swim, or participate in another high endurance sport, your stamina (staying power) is essential to your overall physical growth. You must also train with your current black belt material, as well as your past material. AJK's will hold a maintenance exam for black belts. This exam will test their skills in past material, as well as holding them accountable for the newly taught material (Details to follow). You will find that instructing beginner, intermediate, and advanced level Taekwondo students will help you to remain current with your past material. Instructing will also serve to develop your leadership skills. When you train within your own black belt material, you will find that the demand for speed, timing, and precision is more substantial at this level. In addition to learning your new patterns, kicks, and sparring, you will also be studying hapkido, and the art of using a weapon. You will be learning Kendo Stick, Sword, and Nunchaku.

Requirements for Second Degree Black Belt and Beyond

1. S.T.O.R.M. at least one time a month at AJK's Taekwondo (attendance will be mandatory). By assisting you will remain current with your TKD material.
2. Practice your Black Belt material at least once a week (or more) either at Master Carlos' studio (Huntington Beach Black Belt Center), AJK'S or a combination of both. Please check Master Carlos' School schedule for class times. In addition to your normal TKD training, you will also be learning weapons. AJK's TKD will be offering BBC (Black Belt Classes) on Mondays and Saturdays (summer). Please check ¼ calendars for class times. Students may wish to STORM any day during the week. Students may wish to assist before their BBC, relax, or complete homework under the supervision of AJK's.
3. Attend sparring class at least twice a month at AJK's TKD during our 1 hour Wednesday or Friday sparring class at Carden Hall or our 2 hour Saturday sparring classes at the Huntington Beach Black Belt Center. Refer to quarterly calendar for details. Black belts must have a minimum of 18 hours of sparring per year, since there 1st degree test.
4. Practice a weapon and learn up to 3 or more weapon patterns.
5. Participate in bi-annual maintenance examinations. (These examinations will be held every time there is a black belt examination. Black belt examinations are *usually* twice a year.)
6. AJK's reserves the right to test a black belt for second, third, and fourth degree when Master Instructors see fit. (At least two years between 1st and 2nd degree, three years between 2nd and

Black Belt Tuition and Policies (Revised Feb. '11)

Classes and Packages	Description	Pricing
<u>AJK's TKD Sparring Pricing:</u>		
1 st person	Two Hour Saturday Sparring Class	\$25.00 Friday 1hr. sparring: \$20.00
2 nd person	Two Hour Saturday Sparring Class	\$20.00
3 rd Person	Two Hour Saturday Sparring Class	\$15.00
Recommended black belts must have completed 16 hours of sparring before their black belt test. Black belts and beyond must have at least 18 hours per year, since their first degree black belt test. <i>2nd Degree black belts and beyond do not pay for sparring classes.</i>)		

*Assisting:

Any	At Least Once a Month	\$00.00
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Per Class Pricing:

1 st person	AJK's Black Belt Classes	\$25.00
2 nd person	AJK's Black Belt Classes	\$22.00
3 rd person	AJK's Black Belt Classes	\$20.00

Monthly Pricing:

1 st person	AJK's Black Belt Classes	\$70.00
2 nd person	AJK's Black Belt Classes	\$60.00
3 rd person	AJK's Black Belt Classes	\$55.00

Sword Pricing:

Any	AJK's Weapon Classes	\$00.00
(This material has now been integrated in the black belt program.)		

Nunchaku Pricing:

Any	AJK's Weapon Classes	\$00.00
(This material has now been integrated in the black belt program.)		

Huntington Beach Black Belt Center's Monthly Tuition Pricing:

Please contact Master Carlos Leal for class times and pricing. Phone: 714-964-0606.

Please contact Mrs. Kinowski at 949-394-0410 for package registration and inquiries.

- ❖ AJK's Martial Arts and Fitness Center, Inc. will charge a late fee of \$30 for any payment not received by the date noted on the invoice.
- ❖ All memberships may be cancelled with 30 day written notice to AJK's Martial Arts and Fitness Center, Inc. This includes "sabbaticals" due to other extra-curricular activities. Any memberships not cancelled in this manner will continue to accrue tuition charges until appropriate notice has been received.
- ❖ Tuition is non-refundable, school credit may be issued.
- ❖ School holidays do not affect tuition rates.

Black Belt Rewards, Incentives, & Polices

- ❖ All black belts are exempted from any fees relating to any AJK's special events (i.e. Parent's Night Out, Special Rank Days, holiday parties, etc.). Their presence and assistance is welcomed at any AJK event.
- ❖ All Recommended black belts and black belts will gather at least once a quarter to enjoy a fun outing. This may include an afternoon at "Boomers", going to the theater (movie), a day at the beach, or something else.
- ❖ All black belts are eligible to participate in the judging and assisting of a colored belt promotion exam. Please notify Mr. Kinowski, at least a week before scheduled test, of your attendance.
- ❖ All black belts may be paired up with at least three colored belts every other quarter, or per year, based on their assisting availability, to mentor and closely instruct. This may only be done during regularly scheduled TKD classes.
- ❖ All black belts are eligible for an Assistant Instructor patch. They need to have completed at least three out of the four STORM training programs. Black belts may wear their Assistant Instructor patch on the left shoulder of their black belt uniform. If a black belt has yet to complete three out of four STORM classes, then they may wear their STORM patch and represented red bars below. Assistant Instructors will ONLY place represented blue bars below their Assistant Instructor patch (Details below).
- ❖ All black belts *may* sponsor one recommended black belt for black belt. Black belts may not share the responsibility of sponsorship with another black belt. This sponsorship is *neither mandatory, nor required* for the next Dan. Details on the sponsorship include:
 - Coaching and assisting a recommended black belt with the necessary material in preparation for their black belt exam during their own scheduled time.
 - This sponsorship must be approved by Mr. Kinowski first.
 - Any child under the age of 16 must have their parent's permission first before approved parties meet.
 - Should a black belt choose to sponsor a recommended black belt, the black belt must submit a typed, one page, double-spaced report outlining their effort and their sponsor's effort in obtaining their black belt. The black belt's report will be read at the recommended black belt's scheduled exam date. Also, the black belt will be given a blue bar to be placed under their Assistant Instructor patch and a certificate marking their profound effort and care.
- ❖ All black belts are encouraged to attend tournaments, whether to compete or support their TKD School.
- ❖ All black belts should dress in TKD apparel, while displaying a kind and friendly demeanor while instructing.
- ❖ All black belts should display good effort and enthusiasm while training. As a participating

If you are a 7th or 8th grade 1st degree or higher black belt practitioner, you are allowed to inquire about a unique assisting opportunity at AJK's. AJK's would like to offer 7th and 8th grade black belt practitioners the opportunity to instruct colored belts throughout the school year. By instructing TKD you will remain current with TKD material, enjoy the benefits of instructing young TKD practitioners, and be compensated for your effort!

AJK's Standards for Instructing

AJK's Dress Code:

- ❖ He or she may wear any color TKD pants, black or white training pants, or any color TKD shorts.
- ❖ He or she may wear any AJK's t-shirt, any TKD tournament t-shirt, TKD polo shirt, or TKD uniform top.
- ❖ He or she should always wear a black belt; unless, he or she wears a TKD warm-up uniform or sport training uniform.

AJK's Behavior Standards:

- ❖ He or she should always demonstrate respect, compassion, and joy to all TKD practitioners. Should any instructor abuse *any* of these conduct codes, AJK's reserves the right to meet with the individual and invoke any constructive actions, which may result in suspension or termination of instructing privileges.
- ❖ Should any Instructor show a lack of self-control, including such behaviors as, inappropriate comments or actions, AJK's reserves the right to meet with the individual and invoke any constructive actions, which may result in suspension or termination of instructing privileges.

AJK's Merit Pay:

- ❖ At the end of each school year, AJK's will schedule a one-on-one meeting with Instructors to evaluate their overall instructing performance. Based on the Instructor's performance report, AJK's will increase the Instructor's compensation amount or have it remain the same. If any Instructor showed an *all-around* outstanding performance, he or she will receive an undisclosed money bonus after his or her review. AJK's encourages all Instructors to give their best at all times. All Instructors are positive role-models and should act as such.

AJK's Standards for Instructor Compensation:

- ❖ AJK's requests that all Instructors assist at least one color belt class, once a month, without expectations of being compensated.
- ❖ AJK's allows all Instructors to teach a maximum of three classes a month at \$6.00 an hour. **Instructs need to turn in the days and times they had instructed at the end of the month.**
- ❖ Instructors should be aware that studies remain a priority. It is not appropriate for Instructors to skip commitments, such as, studies, homework clinics, etc. in order to instruct color belt TKD classes. Instructor privileges may be revoked if this kind of behavior is discovered.

Once you have graduated from Jr. High, and are a 1st degree or higher black belt practitioner, you are allowed to inquire about a unique assisting opportunity at AJK's. AJK's would like to offer you the opportunity to instruct colored belts throughout the school year. By instructing TKD you will remain current with TKD material, enjoy the benefits of instructing young TKD practitioners, and be compensated for your effort!

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AJK's Standards for Instructor Compensation:

- ❖ AJK's requests that all Assistant Instructors observe Senior Instructors when teaching for at least *one* to *two* years before teaching solo. Senior Instructors will pass along teaching material, as well as suggestions to better equip you in your teaching effort. This partnership entitles you to half of \$10 per hour during All Belt Classes and/or Sparring Classes. Once you have assisted/observed the required one to two years, your hourly rate will begin at \$10.
- ❖ AJK's reserves the right to terminate an Assistant Instructor's/Instructor's position, should he/she not uphold the outlined dress code and behavior standards, and has been made aware of their offenses three times.