

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 Recommended Black Belt Promotion Exam. As a recommended black belt you are part of the foundation of AJK'S TKD. Over the past few years there have been 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.

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

Chief Instructor / Director

AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

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 before the actual exam date. You must submit your running log two (2) weeks before the exam.
- II. One hundred (100) push-ups, during the black belt exam.
- III. One hundred (100) sit-ups, during the black belt exam.
- IV. Fifty (50) squat thrust 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 should be completed prior to 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 tae Kwon Do and the techniques you have been taught over the 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 weeks prior to the black belt test. We will go over your pattern privately to make sure you've successfully constructed the pattern correctly.

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 an addition to your black belt essay.

Here are optional features you can include in your personal 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 3 boards)

If you should have any questions concerning the black belt personal pattern, please call 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 typed essay outlining their original goals when starting Taekwondo. All black belt candidates must submit their essay two weeks prior to testing. This essay should outline your original goals when starting Tae Kwon Do, your experiences in the school, your training, your improved mental and physical abilities and your new goal as a black belt.

These are the requirements for your black belt essay:

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

You can hand deliver your black belt essay to Mr. Kinowski, or mail it to AJK'S, 4475 Sea Harbour Drive, Huntington Beach, CA, 92649.

If you should have any questions concerning the black belt essay, please call 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 Exam Date

AJK'S will be conducting a Black Belt Dan Promotion Test, which has been conditionally scheduled for _____. This day might also act as a maintenance exam for current black belts. Note: Your black belt essays may be read during the exam, unless you would not like it read. Also, (2) copies of your essay will be needed for the judges to review. The location of the Black Belt Exam will be announced at a later date.

Please note that registration, essay and personal forms must be received two (2) weeks prior to the exam. Your 1st Dan promotion fee is \$465.00, which includes your black belt, black belt uniform (Your full name will be printed on the back of your uniform with bold lettering, as well as on your black belt.), Promotion Exam, Kukkiwon certification, and your 10 by 14 Kukkiwon Black Belt Certificate from the World Taekwondo Headquarters in Korea. This promotion fee is due (2) weeks prior to the exam date. Monthly installments are available. Please contact Mrs. Kinowski at least two months prior to the exam date, should you wish to participate in this plan: 949-394-0410.

Please note that the belt presentation for Black Belt Dan Promotion Candidates will be held on the same day as their exam. All families, friends, AJK'S TKD students, and Martial Art students alike are welcome to attend the Promotion Exam. This is a very special day that should be shared with the people that have supported you and your school.