

# AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

## 2nd 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 your success toward black belt excellence. As a first degree black belt you are part of AJK'S TKD. Since the Taekwondo program began in 2002, 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 2<sup>nd</sup> degree 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 2<sup>nd</sup> degree 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.

## 2<sup>nd</sup> 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 (150) push-ups, during the black belt exam.
- III. One hundred (150) sit-ups, during the black belt exam.
- IV. Fifty (100) 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, as well as the first and second degree black belt patterns.
- IV. Personal pattern.
- V. All twelve (12) one-step sparring techniques (right and left side).
- VI. Perform up to 3 or more weapon patterns. (Nunchaku forms may be free style).
- VII. \*All fourteen (14) self-defense techniques as directed.
- VIII. Board breaking: Eight (8) boards – maximum four (4) stations.
- IX. Free sparring (Black belts must have a minimum of 18 hours of sparring per year, since there 1<sup>st</sup> degree test).
- X. Assisted in Instructing TKD classes, events, and promotion exams.

(\*A portion of the fourteen (14) self-defense techniques are subject to be omitted from the Black Belt exam.)

# AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

## 2<sup>nd</sup> Degree Black Belt Test Requirements Continued

### *Personal Pattern*

The purpose of creating a 2<sup>nd</sup> degree black belt pattern is to demonstrate your personal knowledge of Taekwondo 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.

# AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

## 2<sup>nd</sup> Degree Black Belt Test Requirements Continued

### *2<sup>nd</sup> Degree Black Belt Essay*

Athletes are expected to prepare a typed, two-page, double-spaced typed essay outlining their overall Taekwondo experiences and their future desires as a continuing black belt.

All 2<sup>nd</sup> degree black belt candidates must submit their essay two weeks prior to testing.

This essay should outline your experiences as a 1<sup>st</sup> degree black belt, your overall training, your improved mental and physical abilities and your new goal as a 2<sup>nd</sup> degree black belt.

### **These are the requirements for your black belt essay:**

- Two pages, typed, double-spaced, with a cover
- Your overall 1<sup>st</sup> degree Taekwondo experience (Introduction)
- Your overall training (Body)
- Your improved mental and physical abilities (Body)
- Your new goal as a 2<sup>nd</sup> degree black belt (Summary/conclusion)

*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 2<sup>nd</sup> degree 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.

# AJK'S MARTIAL ARTS AND FITNESS CENTER, INC.

## 2<sup>nd</sup> Degree Black Belt Test Requirements Continued

### *2<sup>nd</sup> Degree Black Belt Exam Date and Pricing*

AJK'S will be conducting a 2<sup>nd</sup> Degree 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 2<sup>nd</sup> Dan promotion fee is \$560.00, which includes your 2<sup>nd</sup> degree black belt, Instructor's black belt uniform and Instructor patch, Promotion Exam, Kukkiwon certification, and your 10 X 14 2<sup>nd</sup> degree 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 2<sup>nd</sup> Degree 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.