

RANK: BLACK BELT BELT PROMOTION SHEET



Date: _____ Student Name: _____

Address: _____

Age: _____ Gender: _____ Belt Size: _____

Student Signature (Parent/Guardian if Under 18): _____

Black Belt Dan: _____ Instructor Signature: _____

REQUIREMENTS	GRADE			REQUIREMENTS	GRADE		
<i>U = Unsatisfactory S = Satisfactory E = Excellent</i>							
Kicks							
Crescent (in/out)	U	S	E	One-step Jump Back	U	S	E
Crescent (out/in)	U	S	E	Spin Crescent	U	S	E
Front	U	S	E	Triple Kicks	U	S	E
Round	U	S	E	Spinning heel/hook	U	S	E
Step Side	U	S	E	Control kicks (front)	U	S	E
Jump Front	U	S	E	Control kicks (round)	U	S	E
Skip Round	U	S	E	Control kicks (side)	U	S	E
Skip Side	U	S	E	Cut Kick	U	S	E
Step Hook	U	S	E	Jump Spin Crescent	U	S	E
Back Kick	U	S	E	Jump Spin Heel	U	S	E
Axe Kick	U	S	E	360 Jump Back	U	S	E
Rear Leg Side	U	S	E	2-kick Combinations	U	S	E
Double Kicks	U	S	E	3-kick Combinations	U	S	E
Jump Back	U	S	E	4-kick Combinations	U	S	E
Jump Axe	U	S	E	Kick	U	S	E
Skip Hook	U	S	E	Kick	U	S	E
360 Round	U	S	E	Kick	U	S	E
360 Axe	U	S	E	Kick	U	S	E

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Forms [Black Belt]							
Koryo (1 st Dan)	U	S	E	Pyongwon (4 th Dan)	U	S	E
Keumkang (2 nd Dan)	U	S	E	Sipjin (5 th Dan)	U	S	E
Taebaek (3 rd Dan)	U	S	E				
Forms [Palgwe]							
Il Jang (1) (1 st Dan)	U	S	E	Oh Jang (5) (3 rd Dan)	U	S	E
Ee Jang (2) (1 st Dan)	U	S	E	Yuk Jang (6) (3 rd Dan)	U	S	E
Sam Jang (3) (2 nd Dan)	U	S	E	Chil Jang (7) (4 th Dan)	U	S	E
Sa Jang (4) (2 nd Dan)	U	S	E	Pal Jang (8) (4 th Dan)	U	S	E
Forms [Tae-guk & Basic]							
Basic Form 1	U	S	E	Sa Jang (4)	U	S	E
Basic Form 2	U	S	E	Oh Jang (5)	U	S	E
Il Jang (1)	U	S	E	Yuk Jang (6)	U	S	E
Ee Jang (2)	U	S	E	Chil Jang (7)	U	S	E
Sam Jang (3)	U	S	E	Pal Jang (8)	U	S	E
Weapons & Self-Defense							
Eskrima	U	S	E	Hapkido	U	S	E
Weapon Form (1 st Dan)	U	S	E	Weapon Form (2 nd Dan)	U	S	E
Weapon Form (3 rd Dan)	U	S	E	Weapon Form (4 th Dan)	U	S	E
Target Kicks							
Kick	U	S	E	Kick	U	S	E
Kick	U	S	E	Kick	U	S	E
Sparring							
Full-Contact w/ Pads					U	S	E

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REQUIREMENTS	GRADE	REQUIREMENTS	GRADE
Breaking			
<i>Student Choice (Minimum: 3x Power, 1x Head High, 1x Jumping, 1x Hand/Elbow)</i>			<i>Total: ___*</i>
Power ___ boards	U S E	Jumping Kick ___ board(s)	U S E
Head High ___ board(s)	U S E	Hand / Elbow ___ board(s)	U S E
Turn/Spin (≥2 nd) ___ board(s)	U S E	Optional ___ board(s)	U S E
Optional ___ board(s)	U S E	Optional ___ board(s)	U S E
Optional ___ board(s)	U S E	Optional ___ board(s)	U S E
Optional ___ board(s)	U S E	Optional ___ board(s)	U S E
Optional ___ board(s)	U S E	Optional ___ board(s)	U S E
Attitude & Knowledge		Fitness	
Terminology	U S E	Strength (push-ups / leg lifts)	U S E
Discipline	U S E	Endurance	U S E
Attitude	U S E	Flexibility (center splits)	U S E
Kihap	U S E		

Comment(s):

PASS _____ FAIL _____ Examiner's Initials: _____

- Additional Requirements**

 - (1st Dan only) 5-page report (12pt font, double-space) on what taekwondo means to you.
 - 2 passport-size photos and payment for belt test must be submitted along with this belt promotion sheet 2 weeks prior to test date.
 - (2nd Dan and higher) Reading assignment(s) as given by the head instructor.

*Board Breaking Totals

1st Dan – 12

2nd Dan – 13

3rd Dan and Higher – 14