



## ALLSTAR MARTIAL ARTS ACADEMY

9128 Forest Hill Blvd in Wellington, FL 33411

*We Make Champions One Kick at a Time!*

### **What do I need to do to help me succeed on my road to Black Belt?** **Requirements to test for Black Belt, both prior to test day and on test day.**

Congratulations! If you are reading this, you have worked hard for many years and are well on your way to Black Belt. In our studio, becoming a Black Belt has always been and will always be, a highly regarded honor. Our system is designed so that most students can achieve this honor if they are willing to listen, learn, and be committed. Many go all the way to black belt and beyond. However, some do not have the wherewithal to make the commitment and endure the hard work that is necessary to achieve this goal. They dropped out along the way and now you are the few that have endured the journey. You are now knocking at the door of greatness.

Most would expect that a Black Belt not only be proficient at their art, but that they demonstrate exceptional skills and character. We expect this and more. Reaching this goal means that a student has shown the physical and mental aptitude required of a champion. They must be highly knowledgeable of the curriculum and be able to execute it with a high degree of skill. They must show commitment and respect to themselves, their training, their instructor, and their studio. Confidence, strength, determination, focus, along with the "Tenets of Taekwondo" are required traits that you must exhibit to become a black belt.

Upon reaching the rank of Advanced Red Belt, a TKD student must begin to shift focus from a general training routine to a hyper focused training regimen that illuminates their path to Black Belt. **They must begin training in at least 3 classes per week (please see the front desk or turn in your signed form to upgrade your membership). They must also commit to train on their own, at home, 2-3 more times per week.** It is recommended that students frequently watch the online videos of the patterns to engrain the patterns into their memory (watch on our app!). If necessary, students may consider private lessons to strengthen their technique and knowledge. It is important to note that the effort that got them to this high level of proficiency and skill, will not be enough to take them through to Black Belt. More training, more effort, and more focus are necessary components to ensure a student becomes capable of passing a black belt test.

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#### **These requirements are mandatory with no exceptions.**

For the entire 9 months leading up to a black belt test, a BB candidate:

- Must attend a minimum of 3 classes per week without exception. Missed classes must be made up. If you are not already on a 3x's per week membership, then you must upgrade your membership or attend additional live, online zoom classes weekly through your Black Belt test.
- Minimum 25 classes attended each cycle at the rank of Advanced Red Belt, Advanced Red Belt MT2 and Advanced Red Belt MT2 before testing.
  - Missed classes can be made up by attending make ups, private lessons, or live/online zoom classes.  
(1/2 hr private lesson = 3 classes, 1 hr private lesson = 6 classes)
- 1 tournament competition prior to testing for Black Belt.
- Participation in the board breaking seminar during the same cycle as your Black Belt test.
- Complete the AMAA written test in the same cycle as your Black Belt test.
- Submit a typed essay on the topic given to you in the same cycle as your test for Black Belt.
- Successfully complete the AMAA physical portion of the test: patterns, sparring, and breaking all four board stations successfully.

\_\_\_\_\_  
Parent Signature (if student is under 18)

\_\_\_\_\_  
Date

My signature represents that I have read, understand, and agree to this document.

## TEST DAY REQUIREMENTS:

- Patterns must be performed correctly, with power, intensity, and focus. Your instructor will choose any combination of 3 patterns from: Chon-Ji, Dan-Gun, Do-San, Won-Hyo, Yul-Guk, Joong-Gun, Toi-Gye, Hwa-Rang, and Choong-Moo. No more than two attempts for each pattern will be allowed. If a student requires more than two attempts to complete any pattern, this will result in a “No Change” (failure). Any incorrect movements, sloppiness, or failure to complete a pattern may also result in a “No change” no matter how minimal. Small mistakes can quickly add up to a less than satisfactory performance. If a performance is considered “borderline” the instructors/judges will vote to determine a pass/no change. 

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- Sparring: At least (3) Two Minute Rounds and at least (1) One Minute, 2 vs 1 round must be completed. The entire segment must demonstrate your advanced skills, your control, your stamina, and your black belt attitude. You must show a consistent high level of energy with sustained attacks and defenses. You must keep your hands up, show good footwork, and use combinations with hands and feet. You should incorporate spin kicks and jump kicks into your attacks. Avoid doing the same techniques the entire time. Show courtesy and respect to your opponents throughout. A strong and well-rounded performance that shows good skills, knowledge, stamina, and attitude will be considered a passing performance. Weakness, tiredness, poor attitudes, and crying are not acceptable and will result in a No Change. Also, do not attempt to show your superiority or the ability to beat an opponent that may be slower, weaker, or less skilled. This will also result in a No Change. In the event of an injury during the sparring segment, the student will be given a few moments to recover but then must complete the segment and the rest of the test to be considered a successful black belt test. If the student is unable to complete all rounds of the sparring segment, this will result in a No Change. 

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- Breaking: Students must Break 4 out of 4 Board Stations with 1 Basic Kick, 1 Jump or Spin or Jump Spin Kick, 1 Right Hand, 1 Left Hand (kicking stations must be broken with opposite legs). No two of the same techniques may be used. Students are responsible to set up each board in the correct position and at the correct height for their break. Once all four stations are set up, the student must bow in and begin breaking. Practice attempts are not allowed once the student bows. Any movement towards the board or touching of the board counts as a breaking attempt. Each station must be broken in succession, and you may only have three (3) attempts at each station. If there is a problem, the student may request to reset the boards. There are no longer any “extra tries” if you do not break. You may not change your techniques once you are set up and begin breaking. Failure to break any of the four stations within the three attempts will result in a no change. 

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In closing, we all as high ranking TKD students and parents of TKD students must understand that our students must be held to the highest standards. On test day, they must be accountable to demonstrate Black belt skills and attitudes. You should be happy, excited, and prepared to accept this challenge, knowing that when you succeed, you will be proud to call yourself a black belt that was EARNED. Last, please remember that you are signing up for a test, not an automatic promotion. There are no guarantees of passing and there are no refunds of test fee if a No Change is awarded. You will not be charged again to repeat a Black Belt test at a future testing date that resulted in a No Change. Be prepared to face the reality that you might not succeed on test day. A failure should be considered just a bump in the road. It should cause you to refocus on your weaknesses so that you can come back, face the challenge again, and succeed the next time around. True black belts learn to deal with adversity. They face the toughest challenges with their inner strength just as well as with their physical abilities. They stand firm when others crumble. Parents, please help your children to understand the seriousness of the test. Encourage them to develop a black belt attitude. Please embrace the high standards we have set in place knowing that your child will become a better person after having learned the lessons this process teaches.

My signature below represents that I have read, understand, and agree to this document.

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Student Signature

Date

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Parent Signature (if student is under 18)

Date

## **BLACK BELT TESTING REQUIREMENTS: SUMMARIZED**

Congratulations! You are now 1 testing cycle away from your Black Belt Test. Please refer to the summarized requirements below. You must meet *all* of these requirements in order to be eligible to test for Black Belt in the next cycle. **These requirements are mandatory with no exceptions.**

**Use this summary as a checklist to keep you on track for testing. Please read through all summarized requirements. Please contact the front desk with any questions.**

### **Requirements leading up to Test Day:**

**Place a checkmark in the box next to the requirement once that requirement is met. Once all boxes are checked, you are eligible to test.**

- Must attend a minimum of 3 classes per week without exception. Missed classes must be made up. If you are not already on a 3x's per week membership, then you must upgrade your membership or attend additional live, online zoom classes weekly through your Black Belt test.
  - a. Missed classes can be made up by attending make ups, private lessons, or live/online zoom classes.
  - b. (1/2 hr private lesson = 3 classes, 1 hr private lesson = 6 classes)
- Must attend a minimum of 25 classes each cycle at the rank of Advanced Red Belt, Advanced Red Belt MT1, and Advanced Red Belt MT2 before testing. Must have attended at least 75 classes total from the day you earned your Advanced Red Belt to the day before your Black Belt test.
- 1 tournament competition prior to testing for Black Belt.
- Participation in the board breaking seminar during the same cycle as your Black Belt test. Date & Time TBA.
- Complete the AMAA written test in the same cycle as your Black Belt test. Written test is largely based off of your years of training.
- Submit a typed essay on the topic given to you in the same cycle as your test for Black Belt.

### **Requirements to be met on Black Belt Testing Day:**

**All high rank (Black Belt or higher) tests must be performed in-studio. Online and private testings are *not* permitted for high rank tests.**

1. Patterns must be performed 100% correctly, with power, intensity, and focus. No more than two attempts for each pattern will be allowed. If a student requires more two attempts for any pattern, this will result in a "No Change" (failure).
2. Sparring: At least (3) Two Minute Rounds and at least (1) One Minute, 2 vs 1 round must be completed. You must show a consistent high level of energy with sustained attacks and defenses. Failure to demonstrate "Advanced Technique" and a consistent fitness level will result in a "No Change" (failure).
3. Breaking: Students must Break 4 out of 4 Board Stations with 1 Basic Kick, 1 Jump or Spin or Jump Spin Kick, 1 Right Hand, 1 Left Hand (kicking stations must be broken with opposite legs, no two of the same technique permitted). Each station must be broken in succession, and you may only have three (3) attempts at each station.
4. Must successfully perform/complete all portions of the Black Belt test (knowledge, patterns, sparring, and breaking) successfully in order to pass. Failure to complete all five portions will result in a "no change".