

Black Belt

Privilege & Responsibility

The first long-term goal that most students of Taekwondo set is achieving the level of 1st degree black belt. This rank symbolizes proficiency in the basics of Taekwondo, success in achieving one's goal, and the privilege of the respect of other martial artists.

Once you have achieved this first level of black belt, you will find that many new challenges and responsibilities await you. While other students look up to you with great respect and address you formally as Mr. or Ms., you should now feel the responsibility of leadership by example. You may find yourself sitting at the judges' table at a testing or tournament, but this new privilege carries with it the responsibility of exercising careful, unbiased judgment of others.

Upon reaching the rank of 1st degree recommended, you are still obligated to continue training and preparing to test again within the next 6 to 12 months as this rank is merely a provisional black belt rank. In order to achieve full black belt status, 1st degree decided black belt, you must continue to refine your technique and improve over your recommended testing. When you pass to 1st degree decided black belt, you will receive your Black Belt Certificate, may wear the black belt with a gold bar and add the black stripe around the bottom of your uniform top.

First degree black belt, while representing a major step, is only the first step on the path to mastery of the martial arts. First, second and third degree black belts are considered beginner black belts. Fourth, fifth and sixth degree black belts are expert black belts and instructors. Seventh, eighth and ninth degrees are the master levels of expertise and instruction. Once you achieve first degree decided, you may begin training for the rank of Assistant Instructor. With sufficient teaching experience and the minimum rank of second degree decided black belt, you may test to become a Certified Instructor. While not every black belt pursues this course, teaching is a very satisfying experience for many of our black belts.

The concept of Choong Sil, constant and never ending improvement, is marked by cycles of goal setting, inspiration, hard work and realization of those goals. At this important point of achievement, it is time to begin setting new goals so that we may continue to focus our energies in a positive way. Now is that time! Consider the various paths open to you and set your direction on the path to constant and never ending improvement.

Twelve Concepts of Power

1. Stance
2. Hips
3. Reaction Force
4. Focus
5. Timing
6. Geometric Design
7. Range of Motion / Strength Apex
8. Relative Muscular Strength
9. Breath Control
10. Automatic Reflex
11. Accuracy
12. Attitude

Master Hardin conducts seminars in which he explains the meaning and application of these concepts. Now that you are a black belt, you should plan to attend. These concepts are the framework upon which we evaluate technique and develop power in our technique.

Black Belt Patterns

First Degree Recommended Black Belt

Kwang Gae:

(39 moves, left foot returns)

Kwang Gae is named after the famous Gwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram (±) represents expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.

First Degree Decided Black Belt

Po-Eun:

(36 moves, left foot returns)

Po-Eun is the pseudonym of a loyal subject Chong Mong-Chu (1400), who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram (-) represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Ge-Baek:

(44 moves, right foot returns)

Ge-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram (I) represents his severe and strict military discipline.

Sil Hyun:

(60 moves, right foot returns)

Sil Hyun means "Realization." Realization refers to the attainment of one's goals. Upon reaching these achievements, new privileges are merited as new goals are recognized. This process perpetuates itself as the previous results offer new challenges and new responsibilities. This positive growth cycle improves not only oneself, but also the immediate world around you. This process of "constant and never ending improvement" is the ultimate purpose of Choong Sil Kwon.

Board Breaking Requirements

At the Black Belt ranks, the student continues to demonstrate power at each testing by breaking boards.

Typically, children up to age 13 will break only a single board at each station while juniors age 13 and older and adults will break two boards. At Recommended Black Belt, the minimum testing requirement is for the student to break using four different techniques, demonstrating both hand and foot techniques on the right and left sides. Four stations are required when testing for Second Degree, demonstrating hand and foot combinations as well as both left and right sided techniques. The instructor's job is guide the student in selecting techniques that are appropriate for the student's ability and the rank for which they are testing.

At testing the student is given three chances to break his or her board stations. Rarely the instructor may allow additional attempts if he feels it is appropriate. Students should be prepared to set up their board break stations quickly and with a minimum of practice attempts. When ready, the student will face the judges and bow, then begin their breaking attempts. **It is not appropriate to make additional practice attempts after bowing to the judges.**

If you do not break all stations, you may take time to adjust any station and then bow in again. **Always stop and bow in to the judges before making each additional attempt.**

Testing

Congratulations! You have worked hard and are now ready to test.

Testing is an important part of our teaching program here at CTF. You must be sure that you are prepared and know all your patterns, definitions and other material that you have covered since you began training as a white belt. This manual is designed to help prepare you for testing as well. In addition, you will be expected to demonstrate what you have learned regarding free sparring and demonstrate power by breaking wood. Be sure you have discussed your breaking techniques with your instructor and received approval of your selection prior to the testing. Wood will be provided at the testing.

Many black belts will be asked to test at special Black Belt Testings instead of in the school. These testings are similar to testing in the school except only students testing for black belt rank will participate. The format of the testing will be the same as a high rank colored belt testing.

Come a little early to allow time to warm up prior to the testing and ask any last minute questions you may have. **Remember, this is a formal occasion and requires that you wear your traditional white uniform!**

You will need to register in advance of the testing date. Black belts must complete an Application to Test and have their instructor sign in the proper place. See an instructor to register and pay your testing fee.

Any student whose membership has expired in the Choong Sil Taekwondo Federation will need to complete a CTF membership application and pay the annual membership fee of \$25.00 before testing.

Testing is a very special occasion and a great time to demonstrate to your family and friends how much you have achieved! Be sure to bring them with you to the testing.

Good Luck!

Black Belt Testing Goals

1st Recommended Black Belt

Completed

- I. Attend class _____ times a week _____
 Minimum time between testings -
 From 1st recommended to 1st decided - 6 months minimum with a 12 month maximum time before testing for decided rank.

- II. Learn new patterns
 - A) Kwang Gae _____
 - B) All previous patterns learned _____

- III. Board Breaks – Number & Size of Boards required _____
 Right Hand Technique Selected _____
 Left Hand Technique Selected _____
 Right Foot Technique Selected _____
 Left Foot Technique Selected _____

- IV. Free Sparring _____

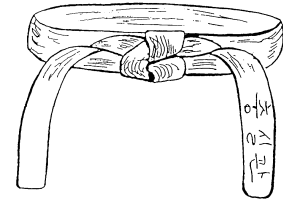
- V. Definitions
 - A) Kwang Gae _____
 - B) All previous definitions learned _____

- VI. Special Goals:
 - _____
 - _____
 - _____

- VIII. Black Belt Testing Application Completed _____

Choong Sil Taekwondo Federation

Application for Rank Testing



Current Planned Test Date _____ Student # _____ Expiration Date (Must be current to test) _____

Name _____ Weight _____ Age (Yr./Mos.) _____ Date of Birth _____

Address: Street _____ City _____ State _____
 Zip _____

(_____) _____
 Home Phone _____

_____ E-mail Address _____

Current Taekwondo School _____

Instructor Name _____

Date Training Began (Detail any other Martial Arts experience you may have) _____

Current Rank _____

Last Testing Date _____

Applicant Signature _____

Instructor's Signature _____

This form must be returned to CTF Headquarters no later than ten days (10) prior to intended testing at a Black Belt Testing and three (3) days prior to a school testing. If you are testing at your regular school testing, this sheet must be submitted to your instructor prior to testing. The testing fee should be included with this form.

Rank	Promotion date	Time at rank (months)	MINIMUM TIME	MIN. AGE *
Colored belt			24 months	No minimum
1 st Black Recommended			6 months	No minimum
1 st Degree Black			12 months	No minimum
2 nd Black Recommended			6 months	12 ½ Years
2 nd Black Decided			24 months	13 Years

* - If you do not meet the minimum age requirements then you are required to spend additional time at black belt ranks. Please check with your instructor to see when you will be eligible to test for higher rank.

**Board Breaking Testing Information
 (Must be completed in full)**

Type of Board Break	Difficulty Level	Left\Right	# of Boards	Board Size
_____	_____	R Hand	_____	_____
_____	_____	L Hand	_____	_____
_____	_____	R Leg	_____	_____
_____	_____	L Leg	_____	_____
_____	_____	L R	_____	_____

Black Belt Testing Goals

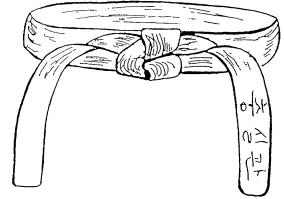
1st Decided Black Belt

Completed

- | | |
|---|-------------------------------------|
| <p>I. Attend class _____ times a week.</p> <p>Minimum time between testings -
 From 1st decided to 2nd recommended - 12 months minimum –Age 13 years
 <i>If you are less than 13 years, then consult with your instructor regarding when you may be able to test. Additional training is required for students younger than 13.</i></p> | <p>—</p> |
| <p>II. Learn new patterns</p> <p style="margin-left: 20px;">A) Po-Eun</p> <p style="margin-left: 20px;">B) Ge-Baek</p> <p style="margin-left: 20px;">C) Sil Hyun</p> <p style="margin-left: 20px;">D) All previous patterns learned</p> | <p>—</p> <p>—</p> <p>—</p> <p>—</p> |
| <p>III. Board Break</p> <p style="margin-left: 20px;">Hand Techniques Selected (R)_____</p> <p style="margin-left: 40px;">(L)_____</p> <p style="margin-left: 20px;">Foot Techniques Selected (R)_____</p> <p style="margin-left: 40px;">(L)_____</p> | <p>—</p> |
| <p>IV. Free Sparring</p> | <p>—</p> |
| <p>V. Definitions</p> <p style="margin-left: 20px;">A) Po-Eun</p> <p style="margin-left: 20px;">B) Ge-Baek</p> <p style="margin-left: 20px;">C) Sil Hyun</p> <p style="margin-left: 20px;">D) All previous definitions learned</p> | <p>—</p> <p>—</p> <p>—</p> <p>—</p> |
| <p>VI. Special Goals:</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>—</p> <p>—</p> <p>—</p> |
| <p>VIII. Black Belt Testing Application Completed</p> | <p>—</p> |

Choong Sil Taekwondo Federation

Application for Rank Testing



Current Planned Test Date _____ Student # _____ Expiration Date (Must be current to test) _____

Name _____ Weight _____ Age (Yr./Mos.) _____ Date of Birth _____

Address: Street _____ City _____ State _____
 Zip _____

(_____) _____
 Home Phone _____

_____ E-mail Address _____

Current Taekwondo School _____

Instructor Name _____

Date Training Began (Detail any other Martial Arts experience you may have) _____

Current Rank _____

Last Testing Date _____

Applicant Signature _____

Instructor's Signature _____

This form must be returned to CTF Headquarters no later than ten days (10) prior to intended testing at a Black Belt Testing and three (3) days prior to a school testing. If you are testing at your regular school testing, this sheet must be submitted to your instructor prior to testing. The testing fee should be included with this form.

Rank	Promotion date	Time at rank (months)	MINIMUM TIME	MIN. AGE *
Colored belt			24 months	No minimum
1 st Black Recommended			6 months	No minimum
1 st Degree Black			12 months	No minimum
2 nd Black Recommended			6 months	12 ½ Years
2 nd Black Decided			24 months	13 Years

* - If you do not meet the minimum age requirements then you are required to spend additional time at black belt ranks. Please check with your instructor to see when you will be eligible to test for higher rank.

Board Breaking Testing Information (Must be completed in full)

Type of Board Break	Difficulty Level	Left\Right	# of Boards	Board Size
_____	_____	R Hand	_____	_____
_____	_____	L Hand	_____	_____
_____	_____	R Leg	_____	_____
_____	_____	L Leg	_____	_____
_____	_____	L R	_____	_____