

PARK'S MARTIAL ARTS

217 Park Avenue, Long Beach NY 11561 | 516-432-6006
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JR. BLACK BELT

Your dedication and hard work through the years have brought you towards this most important step in your Taekwondo career. As 1st degree black belt, you must represent Taekwondo everywhere and live a life with a positive mental attitude, integrity, self-control and kindness, and live at all times as a credit to the dojang, to Master Su Hyun Park, your instructors and to the ancient art of Taekwondo

It is important that a student thoroughly theses things prior to taking the test for 1st degree black belt. Your Performance during this time must show a willingness to continue and persist in the study of Taekwondo, as you are now ready to "enter the art." The following is a summary of the requirements for the Black Belt test. Start preparing now so your Taekwondo career can be more comprehensive.

REQUIREMENTS

<Jr. Black Belt to 1st Degree Black Belt>

STRIPE TEST 1

1. TEN BASIC MOTIONS
2. FORWARD HANDS TECHNIQUE (Adult only)
3. TEN STEP
4. FORWARD KICKING COMBINATION
5. SELF-DEFENSE
6. COMMAND BREAKING - Speed Chop
7. PROMOTION QUALIFICATION-
 - 1) 2 months
 - 2) **TEST FEE: \$215**

STRIPE TEST 2

1. FALLING TECHNIQUE (Nak buk)
2. FORM
3. MENTAL & EACH BELT MEANING
4. FREE SPARRING (with all equipment)
5. Meditation
6. COMMAND BREAKING - Speed Punch
7. PROMOTION QUALIFICATION-
 - 1) 2 months
 - 2) **TEST FEE: \$215**

FINAL TEST

(Approximately 4-8 weeks before final ceremony)
with the acquisition of the second tape at Jr. Black Belt level

Master Park, the master, instructors, staff and students begin evaluation and preparation for the final test and ceremony. It is from this point that each candidate for Black Belt, intimately involved in the final ceremony process, will be heavily examined for mental attitude and positive mind. This final test checks the level of preparation for excellence of the 1st degree Black Belt candidate in the areas of self-control, self-discipline, self-confidence, self-respect, patience, tolerance and the understanding of the interaction between the mind and body.

1. THREE PHYSICAL TESTS
2. TEN BASIC MOTIONS
3. FORWARD HANDS TECHNIQUE (Adult Only)
4. TEN STEP
5. FORWARD KICKING COMBINATION
6. FALLING TECHNIQUE (Nak buk)
7. SELF DEFENSE
8. FORMS
9. MENTAL & EACH BELT MEANING
10. COMMAND BREAKING (Three stations and 5 Boards)
11. FREE SPARRING (all equipment)
12. MEDITATION

TEST FEE \$350

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INFORMATION ABOUT BLACK BELT TESTING AND BLACK BELT TESTING FEES

Black belt testing is very different from the regular color belt testing done throughout the years. It involves a great deal more preparation, not only on the part of the student, but on the part of the Master, Instructor and office staff.

In Master Park's martial arts schools, quality is extremely important. Masters receive certification through the national and international World Taekwondo Federation (WTF in Korea). In order for this to happen, the schools must pay annual membership dues and then further fees for each Black Belt applicant to the United States Taekwondo Union and the World Taekwondo Federation. Certification obviously involves clerical hours and responsibilities with forms and documentation.

Besides certification fees and clerical duties, Black Belt testing involves many hours of agenda planning, conferring with all Masters and Instructors until details are worked out and finalized. The agenda is then approved by Master Park and presented to all involved in the testing process.

During the last 4-8 weeks before Black Belt testing, Masters and Instructors will spend more time and effort with the students both in regular and extra classes. Master Park confers almost daily with the other Instructors about each student's progress. The goal is to have students achieve their optimum mental and physical strength for Black Belt testing.

Black Belt test fees cover the exquisite embroidered Black Belts, rental and/or purchase of special equipment (i.e., audio/visual) and ceremonial supplies.

While other schools may choose to test Black Belts with color belts, or only on the last belt curriculum, Master Park believes that a Black Belt is more than that. It is the quality that is important. It is for this reason that Master Park seeks certification through the formal proper channels and "graduates" his Black Belts with thorough, solemn, inspiring ceremonies.