

Testing for **Black Belt- 1Dan/Poom**

Requirements

- Attend a minimum of 80 classes during the 12 months after you receive your brown belt
- Assist in a minimum of 60 classes (You must sign up for the warm- up schedule)
- Complete a written exam
- Write an essay: What does obtaining a Black Belt mean to you?
- Count from 1-100 in Korean
- Perform forms: White Belt through Brown Belt (10 times)
- Do all basic blocks and kicks (100 times)
- Do push-ups and sit-ups
- Complete a 15 minutes of (non-stop) free sparring (W.T.F. approved sparring gear with school logo is required)
- Break 5 boards- creative breaking and 1 cinder block (for those 15 years or older)
- Be mentally and physically prepared for your black belt test!

For Red, Brown, and Black Belts:

As part of the belt test rules and regulations of Master Song's Martial Arts School, all Red, Brown and Black Belts must assist in a certain number of classes in order to pass onto the next level.

- 1) Once you receive your red, brown, or black belt you must contact the office to set up your schedule for assisting with class warm-up.
- 2) Ask a staff member to record in the chart each time you assist with the class warm-up.
- 3) The dates you assist with the class warm-up must coincide with your attendance in class. (Don't forget to bring in your ID card)
- 4) If you are unable to attend class for which you are scheduled to assist with the class warm-up, please provide the school with a 24 hour advance notice and you will not receive credit for the warm-up.
- 5) Leading the class warm-up will help students to develop self-confidence, courage, leadership and responsibility.

"In Guwa Ung Bo"

(Treat others as you would have them treat you.)