

WOLVES TAEKWONDO

BLACK BELT CHECKLIST

Please mark the appropriate box with a tick for Yes or a cross for No

- Can you perform the following techniques with balance, speed and strength? All techniques listed in the Senior Grading syllabus in any order or sequence.
- Can you perform the following techniques with balance, speed and strength? Koreyo and all coloured belt patterns (Juniors only need to know Koreyo and all Red belt patterns).
- Can you perform the following techniques with balance, speed and strength? All senior self defence moves 1-9.
- Can you perform contact sparring with balance, speed and strength? Plus demonstrate two attacking techniques and two counter fighting techniques.
- Can you explain the meaning of Koreyo and the terminology for: attention and bow, start and stop, relax, and count to ten in Korean.
- Has your attendance been consistent for 12 months or longer? Averaging two to three classes per week.
- Have you attended at least two challenge camps in the last 18 months?

If you have ticked Yes to all the above boxes, please present your check list to your Branch Instructor or Master Andrew Johnston. They will notify you when you will be eligible to grade for the rank of Black Belt.

HELPFUL HINTS ON BECOMING A BLACK BELT

How many times should I train each week?

To move closer to obtaining your Black Belt the student should attend three classes a week and train at least 2 times per week at home. If time doesn't permit the student to train two separate nights a week maybe two classes on one night would be sufficient. Make the commitment and watch your results follow.

How do I motivate myself to train harder to get my Black Belt?

Firstly, don't look at it as "training harder", see it as "making the decision to improve". I have always found it hard to train by myself with the intent of improving. The best chance of improvement is looking for help. Find a friend to train with, they don't have to be at your level, but just committed to helping you train. This will also help your friend improve. Remember commitment is the key: "If you aim for improvement you go ahead, don't dream about being a Black Belt – become one.

Should I set goals or just wait and see what happens?

Setting goals is not just for business executives or for top athletes, it's a powerful tool for everyone. The secret to setting goals is to understand your capabilities and being realistic! Try this exercise and let me know how you go:

1. Choose a short-term (2-3 months) goal for yourself, e.g. I want to know my next pattern, to be able to do 25 push ups without stopping, perform a difficult kick really well, etc.
2. Write down your goal, tell someone about it and put it somewhere you can see it everyday.
3. Record your weekly progress on a sheet of paper, and keep it next to your goal sheet.
4. After 2-3 months look at your improvements, if you did or didn't complete your goal it doesn't matter. The real success is you tried your best – you are the winner – reward yourself!

Where do I get more information about training for my Black Belt?

Ask the instructors and current Black Belts questions. We are only too happy to help you achieve your Black Belt. There is lots of information available on the Internet, Martial Arts stores and libraries. Researching Taekwondo is part of your development, and I encourage all students to source out any information to help them obtain their Black Belt.

What equipment do I need to have to practice Taekwondo?

The basic kit would consist of arm, leg, groin guards, and a good mouth guard. Optional equipment like gloves, head and chest guard are also recommended.