

WOLVES TAEKWONDO

JUNIOR PROVISIONAL 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? Shuffle round house kick and reverse turning kick, 45's and back kick, and jumping up back kick.
- Can you perform the following techniques with balance, speed and strength? Junior self defence moves 1-4.
- Can you perform light contact sparring with balance, speed and strength?
- Do you have a good behaviour reference form Parents or Guardians for a six month period, plus a good behaviour reference from school teacher, or any community member for a six month period.
- Has your attendance been consistent for six 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 checklist to your Branch Instructor or Master Andrew Johnston. They will notify you when you will be eligible to grade for the rank of Junior Provisional Black Belt.

HELPFUL HINTS ON BECOMING A JUNIOR PROVISIONAL BLACK BELT

How many times should I train each week?

To move closer to obtaining your Junior Provisional 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 Junior Provisional 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 Junior Provisional 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 practise 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.