

## TESTING IS OUT OF 10 POINTS

You must earn a 7 or higher to pass your test. The point breakdown is below:

### Forms: 0 to 3 points

- 1 pt. Strikes and Blocks
- 1 pt. Kicks and Stances
- 1 pt. 10 Attributes and Memorization

### Sparring: 0 to 3 points

- 1 pt. Offense (Precision, applying strategy, using advanced techniques, Distance and Timing)
- 1 pt. Defense (Blocking, Evading, Reading Opponent and Recognizing Patterns, footwork)
- 1 pt. Overall (Speed, endurance, follows rules, uses control, coordination, variety of moves, balance)

### Boards: 0 to 2 points

- 2 pts. Break all boards on the 1st attempt
- 1 pt. Break on 2nd or 3rd attempt
- 0 pts. Takes greater than 3 attempts to break

### Fit Test: -1, neutral, or +1 point

See fit test paper for details

### Trivia: 0 to 1 point

- 1 pt. For answering 3 cards correctly. (May have up to 5 cards to try answering)

### Extra Credit Project\*

- 1 pt. For completing project according to the guidelines.

### Black Belt Paper

To receive permission to test EVERY STUDENT ages 12 and under **must type the black belt paper** and have it turned in 1 week prior to their black belt test date.

\* Project is not required but is encouraged

## Paper

Each student testing for black belt must complete a paper answering the following questions. Length, formatting, and proper grammar are not part of grading although we do ask that it is typed. This paper is due no later than 1 week prior to your test. If this paper isn't turned in you will not receive permission to test.

- Why do you want to be a black belt?
- What inspired you to start martial arts?
- Did you ever want to quit training and what motivated you to keep going?
- What has been the hardest part of becoming a black belt?
- Define and give a personal example of each black belt attribute: Goals, Courtesy, Loyalty, Respect, Attitude (confidence), Perseverance, Honor, Self-Control, Focus, and Integrity
- Which black belt attribute is the most important in your opinion? Why?
- Which black belt attribute is the hardest for you? Why?
- Which black belt attribute is the easiest for you? Why?
- How will being a black belt impact your future?
- What are your future goals in martial arts?

## This Black Belt Community Service Project

This project is NOT required but if you choose to complete it, you will earn a +1 towards your test.

Black belt project should consist of time spent helping others in the community. A black belt isn't something you wear but the mindset and personality you demonstrate in daily situations. You should always be "wearing" your black belt. You will need to complete 20 total hours of service. 15 of which should be in the community (i.e. soup kitchen, nursing home, reading to/tutoring to children, cleaning up parks, fundraiser for a cause important to you). And 5 hours can be completed helping friends or family (i.e. yard work, chores, babysitting). You must complete and turn in the attached form. You MUST NOT personally accept any form of payment from these service hours.

<b>Location</b>	<b>Hours Served</b>	<b>Service Completed</b>	<b>Signature</b>	<b>Date</b>
EXAMPLE: CRS	EXMAPLE: 3.5	EXAMPLE: Collecting Cans	EXAMPLE:	EXMAPLE: 5/13/14

Student Name:

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Black Belts Recite a different oath called the  
Songahm Spirit of Taekwondo

**Start of class:**

“I will practice in the Spirit of Taekwondo,  
with courtesy for fellow students,  
loyalty for my instructor,  
and respect for my juniors and seniors”

**End of class:**

“I shall live with perseverance in the Spirit of Taekwondo,  
having honor for others,  
integrity within myself  
and self-control in my actions.”

ATA Fit Test

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Rank: \_\_\_\_\_

**Round 1- Push Ups**

Males will perform as many push-ups as they can in 1-minute from a traditional position

MALES	1 POINT	2 POINTS	3 POINTS	4 POINTS	5 POINTS
7-9	<15	15-21	22-27	28-35	>35
10-14	<18	18-25	25-30	31-38	>38
15-19	<25	25-37	38-47	48-57	>57
20-29	<20	20-34	35-44	45-54	>54
30-39	<15	15-24	24-34	35-44	>44
40-49	<12	12-19	20-29	30-39	>39
50-59	<8	8-14	15-24	25-34	>34
60+	<5	5-9	10-19	20-29	>29

**ROUND 1:**

Females will perform as many push-ups as they can in 1-minute from a modified position

FEMALES	1 POINT	2 POINTS	3 POINTS	4 POINTS	5 POINTS
7-9	<6	6-12	13-19	20-27	>27
10-14	<8	8-16	17-24	25-32	>32
15-19	<10	10-19	20-36	37-51	>51
20-29	<6	6-16	17-33	34-48	>48
30-39	<4	4-11	12-24	25-39	>39
40-49	<3	3-7	8-19	20-34	>34
50-59	<2	2-5	6-14	15-29	>29
60+	<1	1-2	3-4	5-19	>19

REST- 1 MINUTE

**Round 2- Plank**

Males will hold a plank position for a max time of 2:35

MALES	1 POINT	2 POINTS	3 POINTS	4 POINTS	5 POINTS
7-9	:30-:39	:40-49	:50- :59	1:00-1:09	1:10+
10-14	:38-:54	:55-1:09	1:10-1:24	1:25-1:49	1:50+
15-19	:50-:1:23	1:24-1:40	1:41-1:55	1:56-2:34	2:35+
20 +	:45-1:17	1:18-1:33	1:34-1:44	1:45-2:20	2:21+

**ROUND 2:**

Females will hold a plank position for a max time of 2:15

FEMALES	1 POINT	2 POINTS	3 POINTS	4 POINTS	5 POINTS
7-9	:30-:39	:40-49	:50- :59	1:00-1:09	1:10+
10-14	:35-:49	:50-59	1:00-1:14	1:15-1:29	1:30+
15-19	:40-:55	:56-1:29	1:30-1:50	1:51-2:09	2:10+
20 +	:30-1:03	1:04-1:19	1:20-1:30	1:31-2:00	2:01+

**CUMULATIVE:**

REST- 1 MINUTE

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Rank: \_\_\_\_\_

**Round 3 -Four Different Segments** Performed in 30-second blocks (no rest) Total Time 2-min.

- Jab, Jab, Cross Combo (left lead)
  - o Perform 15 combos in :30 seconds
- #2 Right Round Kick
  - o Perform 15 kicks in :30 seconds
- Jab, Jab, Cross Combo (right lead)
  - o Perform 15 combos in :30 seconds
- #2 Left Round Kick
  - o Perform 15 kicks in :30 seconds

**ROUND 3:**

\_\_\_\_\_  
**CUMULATIVE:**

Round 3 will be scored on a fifteen-point scale. The fifteen-point scale shall be divided into three, five-point scales (Quality, Power and Reps) min. score is 1 and the max. score is 5 on each of the three scales.

**NOTES:** \_\_\_\_\_

REST – 1 MINUTE

**Round 4 – 8 Sparring Combos** Performed every 15 sec., alternating lead leg, Total Time 2-min.

- (left lead) #2 Right Front Kick, Jab, Cross, #2 Left Round Kick, #3 Side Kick
  - (right lead) #2 Left Front Kick, Jab, Cross, #2 Right Round Kick, #3 Side Kick
- \*Complete the set a total of 4 times

**ROUND 4:**

\_\_\_\_\_  
**CUMULATIVE:**

Round 4 will be scored on a ten-point scale. The ten-point scale shall be divided into two, five-point scales (Quality and Power) with the min score being 1 and the max score being 5 on each of the three scales.

**NOTES:** \_\_\_\_\_

REST- 1 MINUTE

**Round 5 – 16 Sparring Combos** Performed twice every 15 sec., alternating lead leg, Total Time 2-min.

- (left lead) #2 Right Front Kick, Jab, Cross, #2 Left Round Kick, #3 Side Kick
  - (right lead) #2 Left Front Kick, Jab, Cross, #2 Right Round Kick, #3 Side Kick
- \*Complete the set a total of 4 times

**ROUND 5:**

\_\_\_\_\_  
**CUMULATIVE:**

Round 5 will be scored on a fifteen-point scale. The fifteen-point scale shall be divided into three, five-point scales (Quality, Power and Reps) min score being 1 and the max score being 5 on each of the two scales.

**NOTES:** \_\_\_\_\_

**Conversion:**

- A score of 46-50 will convert to a "+1" total score.
- A score of 41-45 will convert to a "0" total score.
- A score of <41 will convert to a "-1" total score.

**CUMULATIVE:**  
\_\_\_\_\_  
**SCORE TOWARDS  
RANK**

## **KICKS**

Front Kick

How many parts are on a front kick?

4 Parts

What part of your body do you aim with?

Your Knee

## **KICKS**

Front Kick

Which direction should your striking foot be when your kick is fully extended?

**ANSWERS**

Straight up

How should your base foot be?

Flat with a slight pivot

## **KICKS**

Front Kick

On a pushing front kick which part of your foot do you hit with?

Is this a linear or radial technique?

## **ANSWERS**

Heel

Linear

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## **KICKS**

Front Kick

On a snapping front kick which part of your foot do you hit with?

Is this a linear or radial technique?

## **ANSWERS**

Ball

Linear

## **KICKS**

Side Kick

How many parts are on a side kick?

What part of your body do you aim with?

## **ANSWERS**

4 Parts

Your heel

## **KICKS**

Side Kick

Which direction should your striking foot be when your kick is fully extended?

How should your base foot be?

## **ANSWERS**

Sideways

Pivoted away from your target

## **KICKS**

Side Kick

Which part of your foot do you hit with?

Is a side kick a linear or radial technique?

## **ANSWERS**

Heel

Linear

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## **KICKS**

Round Kick

Which part of your foot do you hit with?

Is a round kick a linear or radial technique?

## **ANSWERS**

Ball

Radial

## **KICKS**

Round Kick

Which direction should your striking foot be when your kick is fully extended?

How should your base foot be?

## **ANSWERS**

Sideways

Pivoted away from target

## **KICKS**

Round Kick

How many parts are on a round kick?

What part of your body do you aim with?

## **ANSWERS**

4 Parts

Your knee

## **KICKS**

Hook Kick

Which part of your foot do you hit with?

Is a hook kick a linear or radial technique?

## **ANSWERS**

Back of heel

Radial

## **KICKS**

Hook Kick

Which direction should your striking foot be when your kick is fully extended?

How should your base foot be?

## **ANSWERS**

Sideways

Pivoted away from target

## **KICKS**

Hook Kick

## **ANSWERS**

How many parts are on a hook kick?

4 Parts

What part of your body do you aim with?

Your heel

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## **KICKS**

What is the difference between a reverse kick and a spin kick?

## **ANSWER**

A reverse kick is only a half turn so your kicking foot lands in front of you and a spin kick is a full turn so the kicking foot lands where it started

## **KICKS**

Name a kick that you do not bend your knee on.

## **ACCEPTABLE ANSWERS**

- Heel Kick
  - Axe Kick
  - Crescent Kick
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## **KICKS**

#1-4 kicks

Does your front or back foot kick on a #1 kick?

What is this kick used for? Why?

## **ANSWER**

Your front foot kicks

Speed because it is closest to your target

## **KICKS**

#1-4 kicks

Does your front or back foot kick on a #2 kick?

What is this kick used for? Why?

## **ANSWER**

Your back foot kicks

Power because it is farthest from your target. The extra distance helps build momentum

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## **KICKS**

#1-4 kicks

How are #3 and #4 kicks different than #1 and #2 kicks?

What are these kick used for?

## **ANSWER**

You have to step on #3 and #4 kicks

To adjust distance if you are too far or too close to your target

## STANCES

Which 2 stances have 50/50 weight distribution?

Which 2 stances have 60/40 weight distribution?

## ANSWERS

Sparring and Middle Stances

Back and Front stances

## STANCES

Which stance is the only one where you have one completely straight knee?

Name 2 stances where you must bend both knees:

## ANSWER

Front stance

## ACCEPTABLE ANSWERS

- Back Stance
- Middle Stance
- Rear Stance
- Sparring Stance
- X Stance
- Parallel Stance
- Closed Stance

## STANCES

Name 2 stances that have all of your toes pointed the same direction:

Which stance creates an "L" shape with your legs/feet?

## ACCEPTABLE ANSWERS

- Middle Stance
- Sparring Stance
- Front Stance
- Parallel Stance
- Closed Stance

**ANSWER:** Back Stance

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## STANCES

How wide and how long should your front stance be?

How wide and long should your middle stance be?

## ANSWER

3 feet long X 2 feet wide

3 feet wide X 0 feet long

## STANCES

How wide and long should a back stance be?

In which one stance are your feet at a 45 degree angle to your opponent?

## ANSWER

3 feet long X 0 feet wide

Sparring Stance

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## STRIKES

Which knuckles do you strike with for your punch?

Name a strike where you hit with one of the sides of your hand:

## ANSWER

The largest knuckles on your index and middle fingers

## ACCEPTABLE ANSWERS

- Knife Hand
- Ridge Hand
- Hammer Fist

## **STRIKES**

Why do we tuck our thumb on a ridge hand?

Which strikes does our thumb go inside of our fist?

## **ANSWERS**

So we can have a flat striking surface and don't hurt our thumb

Our thumb never goes inside of our fist

## **STRIKES/BLOCKS**

Why do our strikes and blocks start facing one way and end facing the opposite?

(ex: our punch starts palm up at our ribs but ends palm down. Our knife hand starts palm up towards face but ends palm down.)

## **ANSWERS**

Rotation with acceleration is one of the ways we generate power.

## BLOCKS

What is the difference between a double block and a twin block?

What is the difference between an inner forearm block and an outer forearm block?

## ANSWERS

Double means you are using 2 hands/arms to do the block but they aren't necessarily doing the same thing. Twin means your 2 hands/arms mirror each other exactly.

Inner means palm face in, outer means palm faces out

## BLOCKS

What does the word "knifehand" imply in front of the name of a move?

All basic techniques require a 2 hand chamber. Why?

## ANSWERS

"Knifehand" implies that a technique has a flat palm versus a closed fist

To create a push and pull reaction. This helps to generate more power.

## **BLOCKS**

What part of your arm do you block with?

How large does a proper X block need to be?

## **ANSWERS**

You block with your forearm. Its is a larger surface than your hand is

An X block must be large enough that there is room to hold the attacking technique

## **BLOCKS**

Most blocks are at an angle to help deflect an attack away from the body. What should be bent to create this angle and what shouldn't be bent?

## **ANSWER**

Your elbow should be bent. Your wrist should always be straight.

## **SPEAKING KOREAN**

What style of martial arts do we train?

Translate the words "Songahm" and "Taekwondo"

## **ANSWERS**

Songahm Taekwondo

Songahm is "Pine Tree" and "Rock" which represent strength the year round, long life and a symbol of unchanging human loyalty

Taekwondo is "Way of hand & foot"

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## **PHILOSOPHY**

What is the most important number of Songahm and why?

What does the number 9 symbolize in Korean culture?

## **ANSWERS**

Nine

Power and longevity. It is the highest single digit number and therefor the closest to perfection (10).

## ACCEPTABLE ANSWERS

### PHILOSOPHY

Give 2 examples of how the number 9 has been incorporated into our art and traditions.

- Collar of our tied uniform creates 9
- There are 9 ranks of color belt
- There are 9 degrees of black belt
- There are 18 moves in Songahm 1 (9X2)
- There are 81 moves in Shim Jun (9X9)
- The highest score one can earn at a competition is 9

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### HISTORY

In which country did Taekwondo originate?

What year was Taekwondo officially named?

### ANSWERS

Korea

1955

## HISTORY

What year was the ATA founded?

Who is the founding father of the ATA?

Who is the current Presiding Grand Master?

## ANSWERS

The ATA was founded in 1969 by Eternal Grand Master H.U. Lee

Grand Master M.K. Lee is the current presiding grand master

## HISTORY

Why did our founder create the songahm forms instead of sticking with the "traditional" patterns?

## ANSWERS

Korea was always being invaded (therefor influenced) by neighboring countries. GM H.U. Lee didn't feel the traditional forms paid homage to the ancient Korean arts but were mimicking the styles of surrounding countries. So he tried to go back to Korean roots with added kicks

## HISTORY

What is the order of color belts from lowest to highest?

If you tape out the pattern the forms make, what shape would it create?

Where should every form end?

## ANSWERS

White, orange, yellow, camouflage, green, purple, blue, brown, red

The Songahm Star

The same spot that it started in

## KOREAN

Which color belt forms are called In Wha 1 and In Wha 2?

What does In Wha translate to?

What is the Korean word for "Ready"

## ANSWERS

Purple and Blue Belt Forms

In wha- an unbroken glory

Ready- June-Bee

## KOREAN

Which color belt forms are called Choong Jung 1 and Choong Jung 2?

What does Choong Jung translate to?

What is the Korean word for "Attention"

## ANSWERS

Brown and Red Belt Forms

Choong Jung- all things turn out perfect and beautiful

Attention- chah-reot

## KOREAN

Which form is called Shim Jun?

What does Shim Jun translate to?

What is the Korean word for "Bow"

## ANSWERS

1st Degree Black Belt

Shim Jun- Begin planting seeds for the future

Bow- kyeong-neh

## **KOREAN**

Which basic weapon's name translates to "sticks with string"?

Which basic weapon's name translates to "short stick"?

## **ANSWERS**

Ssahng jeol bong

Bahng Mahng Ee

## **KOREAN**

What is the Korean word for "Uniform"?

What is the Korean word for "Begin"?

## **ANSWERS**

Uniform- dobok

Begin- She-jahk

## **TECHNICAL ATTRIBUTES**

## **ANSWER**

Which attribute is defined as:  
"The foundation of every technique"?

Base

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## **TECHNICAL ATTRIBUTES**

## **ANSWER**

Which attribute is defined as:  
"The path a technique will take from point  
A to B"?

Trajectory

## **TECHNICAL ATTRIBUTES**

Which attribute is defined as:  
"Going beyond the target"?

## **ANSWER**

Follow Through

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## **TECHNICAL ATTRIBUTES**

Which part of technique is defined as:  
"Proper set up of all joints for a  
technique"?

## **ANSWER**

Joint Position

## TECHNICAL ATTRIBUTES

Name 2 of the elements that help create Balance.

## ACCEPTABLE ANSWERS

- Body Alignment
- Eye Contact
- Posture
- Proper Base

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## TECHNICAL ATTRIBUTES

Which attribute is defined as:  
"Hitting the exact target with the proper point of contact"?

## ANSWER

Precision

## **TECHNICAL ATTRIBUTES**

Which attribute is defined as:

“The time it takes for your technique to go from point A to point B. Relaxing the muscles and then exploding”?

## **ANSWER**

Speed

## **TECHNICAL ATTRIBUTES**

Which attribute is defined as:

“The counter balance to each movement”?

## **ANSWER**

Reaction Force

## TECHNICAL ATTRIBUTES

## ANSWER

Which attribute is defined as:  
"Proper repetition allows you to react  
effortlessly"?

Automatic Reflex

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## TECHNICAL ATTRIBUTES

## ANSWER

Which attribute is defined as:  
"Body rotation and input of body mass  
thru acceleration"?

Power

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## **LIFE SKILLS**

Define Communication

What are 2 ways we communicate?

## **ANSWER**

“The link between the world and me”

## **ACCEPTABLE ANSWERS**

- Body Language
  - Speech
  - Listening
  - Taking Action
- 

## **LIFE SKILLS**

Define Respect

What are 2 of the Pillars of Respect?

## **ANSWER**

“It's not what you know, it's what you do”

## **ACCEPTABLE ANSWERS**

- Courtesy
- Acceptance
- Listening

## **LIFE SKILLS**

Define Discipline

What are 2 of the Pillars of Discipline?

## **ANSWER**

"To obey what is right"

## **ACCEPTABLE ANSWERS**

- Obedience
  - Self-Control
  - Persistence
    - Focus
    - Courage
- 

## **LIFE SKILLS**

Define Honesty

What are 2 of the Pillars of Honesty?

## **ANSWER**

"Being fair, truthful, and morally upright"

## **ACCEPTABLE ANSWERS**

- Accountability
  - Humility
  - Integrity
  - Courage

## **LIFE SKILLS**

Define Self-Esteem

What are 2 of the Pillars of Self-Esteem?

## **ANSWER**

"The Joy of Being Me"

## **ACCEPTABLE ANSWERS**

- Confidence
  - Positive Attitude
  - Humility
  - Gratitude
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## **LIFE SKILLS**

Define Belief

What are 2 of the Pillars of Belief?

## **ANSWER**

"Yes I Can"

## **ACCEPTABLE ANSWERS**

- Dream
- Vision
- Determination