

## **REQUIREMENTS FOR BLACK BELT CANDIATES TO GRADE TO BLACK BELT**

### **LIST OF REQUIREMENTS:**

1. **MUST have regular attendance, minimum time between belts is six (6) months.**
2. **Class attendance should be at least three (3) times per week, every week. Missing classes means you must add more training time to make up for the lost time.**
3. **All children attending Black Belt Candidate class must know at least one (1) of the weapons pattern that they have been taught. (BO or NUNCHUKS)**
4. **All black belt Candidate juniors MUST attend Friday's 7:30pm-8:15pm Self defense/tournament preparation class. This class is where self defense moves and techniques will be taught. Self defense is a mandatory requirement for grading.**
5. **Black Belt Candidates MUST help teach or assist with teaching one (1) class per week.**
6. **Black Belt Candidates MUST/AND SHOULD KNOW all the Tae kwon do patterns from pattern #1 to pattern #11.**
7. **Black Belt Candidates should have competed in at two (2) tournaments in the six (6) prior to the Black Belt Grading.**
8. **Before Black Belt Grading all black Belt Candidates should know and be able to execute ALL board breaking techniques.**
9. **Sparring techniques should show good offensive and defensive skills.**
10. **SHOULDER ROLLS- must clear at least three pads.**
11. **All Black Belt Candidates should have respect for others and for the Art of Tae Kwon Do, and be eager to learn. They also must have a good attitude.**
12. **For the Black Belt Candidates who meet all these requirements, you will be notified by Master Marcano if you are to qualify.**
13. **Upon being selected for Black Belt grading, all Candidates will be required to write an essay (minimum (3) pages long) on Your Tae Kwon Do Journey from White belt to Black Belt.**
14. **On grading day all Black Belt MUST wear a CLEAN WHITE uniform.**