



Action Family ATA Martial Arts

Name: _____

Fill out and Return by the due date in order to test/mid-trem for your next rank

Knowledge Goals

Form: Shim Jun 'Begin Planting Seed for the Future'	Shim Jun Has 81 moves Ki-Haps are on move #21, #41 and #61
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Black Belt Philosophy

- The tree has reached maturity and has overcome the darkness...it must now 'plant seeds for the future'.
- The color black is created when all the colors of the light spectrum have been absorbed into an object. That object has "taken control" of the colors and retained them. If one color was to "escape", the object would no longer be black but would appear as that color. The student has mastered the nine geup (grades) of Taekwondo. He/she has "absorbed" all the knowledge of the color ranks and overcome or "mastered" that level or training.
- The dawn of a new day. The sun breaks through the darkness. The previous day has ended giving way to a new dawn. The student must begin a new phase of training; that of being a Black Belt.

Physical Goals- Write the date you practiced in the boxes below

Practice Your Form																			
Weapon Form																			
Board Breaks																			
Songahm One, Two, Three, Four and Five																			
In Wha One and Two																			
Choong Jung One and Two																			

Work Out Goals

Option 1= Do each exercise for one minute. Record your results.
Option 2= 1 Warrior X-Fit Class a Week

	Push-Ups	Sit-Ups	Squats	Lunges	Punches	Repeat Round Kicks	Warrior X-Fit Workout (date)
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							

1st Degree Black Belt Board Breaks

Choose a Hand/Kick Combination for your Board Break to perform at Testing. Both techniques count!	Required Board Colors: White/Yellow- Kids ages 4-8 Orange/Green- Kids ages 8-12 Blue- Women 13 & up/Men 13-16 Brown- Men 17 & up	Board Break Requirements: New Breaks must be performed at each Testing Students are allowed 3 chances to Break Boards at Testing
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My child has **completed all practices** and has **demonstrated a Positive Black Belt Attitude at home and school** during the Testing Cycle. I hereby give him/her my permission to achieve his/her next Belt Rank at Testing.

_____ Cash _____ Check _____ Credit Card on file

Parent Signature: _____ Date ____/____/____