

# Black Belt Continuing Education

31st October 2024

## OVERVIEW

The purpose of this project is to detail the benefits and expectations of Mireu Martial Arts black belt students after receiving their 1st Poom/Dan Rank and beyond.

## GOALS

1. Lay out the benefits of becoming a black belt and how that changes their daily class routine
2. Set out the expectations for black belts to help represent the school going forward.

## SPECIFICATIONS

### Benefits of Black belt

#### Leadership Opportunities

In class black belt students will gain the opportunity to lead the following class activities.

1. Stretching
2. Basic kicks (TKD) Basic strikes (KD)
3. Conditioning (1-2 exercises for time reasons)
4. Teaching newly promoted students their new techniques

#### Assisting with pre testing

Black belt level students will have the opportunity to assist with pre testing in the following ways.

1. Assist students who are waiting to pre test with review.
2. Assist Instructors with administering pre testing
3. Running class activities for students who are not yet ready for pre testing.

#### Judging Testing

Black belt level students will gain the opportunity to judge belt testing in the following ways.

1. Starting and ending testing with the ringing of the gong (TKD) or drawing of the sword (KD)

2. Running the testing groups by directing them through each section. a. Basic techniques b. Forms c. Step Sparring d. Sparring
3. Filling out a testing form to determine if a student is eligible to pass to the next belt rank.

Assisting with belt presentation Black belt students that show outstanding leadership, positive attitude, and adherence to the tenets of martial arts will be granted the opportunity to help with belt presentation after testing.

### **Black Belt Team building events**

Black belt students will be invited to outings that happen three times per year. These can be dinners, events, or other team building activities to encourage camaraderie between our black belts.

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## **Requirements**

With these new benefits come a set of requirements. Black belt is not just a rank, but a way of life to help you become the best version of yourself. The requirements are as follows.

1. Black belt students are encouraged to attend 4 elite classes and 6 regular classes per month
2. Black belt students are encouraged to attend at least 2 seminars per year (This can include seminars hosted by Mireu, Guardian, Kukkiwon, Jungs, etc.) Photo and documentation from the event is required.
3. Black belt students are encouraged to attend at least one tournament per year representing our school.
4. Black belt students are encouraged to help with at least 3 school events per year. This includes the camping trip, holiday parties, movie nights, community outreach events, etc.
5. Black belt students are encouraged to help with organizing one community outreach event per year. Examples below
  - a. Demonstration for local businesses
  - b. Volunteer for local charities or organizations
  - c. Organize a demonstration for an upcoming community event
6. Attend one of three black belt outings to encourage black belt camaraderie.

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## **Excellence Upkeep**

In order to help black belt students keep up on techniques so they can teach the next generation of students. Each black belt will undergo two small testings per year to ensure upkeep of all techniques. These will take place in April and October. The testings will cover the following subjects.

1. Low belt forms (1-3 picked at random by Grandmaster or Master level instructor)
2. High belt forms (1-3 picked at random by Grandmaster or Master level instructor)
3. Step Sparring (3 picked at random by Grandmaster or Master level instructor)
4. Creative form progress assessment and feedback
5. Creative Step Sparring assessment and feedback

## **Physical Fitness**

High levels of endurance, strength, and flexibility are expected from black belt candidates. Conditioning may be part of testing.

Incorporate activities like yoga, pilates, running, or strength training. Cross-training can improve your physical abilities in Taekwondo. Explain at testing what your cross training activity is.

## **Find Inspiration in Others**

Look up to higher-ranked students and let their skill level inspire your progress.

## **Be Your Best Self**

Be somebody people can look up to.

## **Stay Curious and Keep Learning**

Dive into Taekwondo's history, philosophy, and culture. Understanding the roots of your practice can deepen your respect and motivation for training. Black belts will be given an opportunity to write a small section for the newsletter or put out a small youtube video to represent the school.

## **Revisit Your "Why"**

Regularly remind yourself of the reasons you started Taekwondo. Whether it's fitness, discipline, self-defense, or a personal goal, connecting to your purpose can renew motivation.

These requirements must be met in order to test for your next black belt rank on top of the testing requirements.