

Preparing for your black belt grading.

Achieving your black belt, or furthering your Dan status, is a major life achievement. To be honest, a large percentage of people who start a martial art never achieve this. You would have already noticed how many of your friends have dropped out so far along the way.



You, on the other hand, have made it this far and you deserve to be congratulated! I'm sure that the determination, consistency and strong work ethic you have displayed so far, along with the tremendous support you have received from your family, will help you continue through to the next level.

Preparing for a black belt grading differs from preparing for a coloured belt grading, so I have put together a set of guidelines to help you achieve your goal. Please consider that a typical black belt grading will go for around four hours, within which, amongst other things, you will need to perform **all** of your patterns so far including your black belt pattern, step by step in Korean, develop a free flowing self defence scenario with a partner, and you will need to complete 11 continuous rounds of contact sparring. Needless to say, a black belt grading is an extremely physically and mentally demanding event and you will need to be well prepared on both counts.

Please bear in mind that these are general guidelines and don't take into account an individual's current fitness level, skill level, or the rate at which they learn. Some individuals will have to do more than is stated, and some will need to do less to achieve the same goal within the allotted timeframe - and there is no obligation to achieve the goal within this timeframe. The only consistent benchmark for everybody is that of the standard needed at "**One month out**" and also the "Beep Test" within three months of grading.

Six months out: (guideline)

Attend training at least twice a week.

Occasionally attend a sparring and poomse class.

Begin learning your black belt pattern step by step in Korean.

Start to memorise the meaning of Taeguk, all Taeguk poomse, black belt poomse and the taekwondo history.

Three months out: (guideline)

Attend your own training twice a week, *plus*

Attend sparring at least once a week, *plus*

Attend poomse class at least once a week.

Attend "own grading practice" occasionally with your chosen grading partner for "self made free flowing self defence".

Continue with the theory and give thought to the content of your essay.

Pass the "Beep Test" (compulsory) Juniors 5.1, Seniors 6.1, Over 50's on a case by case basis

One month out: (compulsory)

A black belt grading "selection" will be held to determine whether you will be ready for the grading. This also includes your Taekwondo history and terminology, and your black belt essay. Your performance will need to be at least 80% of what will be required for grading.

Please bear in mind, if you miss this one, the next one is only 3 months away.

You will also need to:

Hand in all of the completed paperwork (available from the website)

Pay the grading fee.

Black Belts are Winners!