WEIWU TAEKWONDO – BEYOND BLACK BELT
I. HIGHER DAN | POOM | LEVEL GRADING

Taekwondo as a martial art is a life-long journey of self-improvement and development.

The Black Belt is a symbol of excellence, not a symbol of destination. Getting a Black Belt is not the purpose of training. Being a Black Belt is the natural consequence of years of sweat, effort and determination that continue in all aspects of life. A new Black Belt signifies a good understanding of fundamental concepts and ability but has not yet perfected their skills.

Learning curve in Taekwondo is very steep at the beginning, with many new exercises and techniques. It can be very fascinating, something new at every training, but also overwhelming. Then gradually things become repetitive for Black Belts as more focus is put on perfecting techniques.

We place great emphasis on the development of our Black Belts. Self-improvement is a never-ending journey, and being a Black Belt is about continuous learning and development. Whether you are passionate about teaching Taekwondo or want to continue to develop your own skills, our **Beyond Black Belt Program** can help you towards your goals.

This document is subject to change as we continually review and improve our Beyond Black Belt Program.

Black Belt Dan | Poom | Level Grading
Higher Dan | Poom | Level Grading is for Black Belts who demonstrate ongoing commitment to training, self-improvement and development.

Unlike progression from White to 1st Dan | Poom Black Belt where you are tested on knowledge of skills and techniques, progression to Higher Dan | Poom | Level is about mastery of skills achieved through years of training.

As there is significant time between each Dan | Poom rank, it can be difficult for Black Belts to stay motivated and on track. Structured Level Grading in between each Dan | Poom Grading aims to assist Black Belts to stay on track towards Higher Dan | Poom Grading.

Higher Dan | Poom Grading fees are high and increases with each Dan | Poom level in line with Kukkiwon certification and higher accreditation requirements for examining instructors. With Level Grading, the Higher Dan | Poom Grading fees are split across the Level Grading instead of one high fee at one go.

Level Grading are held every 6 months in June & November. There are 3 Level Grading for 1st to 2nd Dan | Poom and 5 Level Grading for 2nd to 3rd Dan | Poom.

Black Belt is about self-improvement and self-development, and it is up to Black Belts to set your individual goals and work towards them. Black Belts are expected to manage grading preparations on your own.

There is **NO RETEST** for Higher Dan | Poom | Level Grading. If you do not pass Higher Dan | Poom | Level Grading, you will regrade at the next Grading.

HIGHER DAN | POOM | LEVEL GRADING IS BY INVITATION ONLY.

Being invited to grade does not mean that you are automatically ready to grade. Black Belts must meet minimum time limit, training attendance, class assistance hours and display good mastery of all techniques.

CRITERIA

1. Minimum Time Limit
Kukkiwon sets out minimum time limit between each Dan | Poom Grading that is required to achieve the minimum standard with regular and continuous training. The number of years increases with each Dan | Poom rank. At Higher Dan | Poom, there is also minimum age limit.

Kukkiwon's minimum time limit is based on Korea's average training of 5-6 times a week. Here, as majority train twice weekly, additional time limit is added to take into consideration less trainings per week.

2. Minimum Training Attendance
Without sufficient training, meeting minimum time limit does not automatically qualify for Higher Dan | Poom Grading.

3. Class | Grading Assistance
Leadership skill is an important attribute for Black Belts. To grade to Higher Dan | Poom | Level, Black Belt must demonstrate Leaderships skills through class and grading assistance. Black Belts are not only symbols of Taekwondo skills but embody a commitment to service and community involvement. They play a crucial role in the community by providing guidance, teaching, and fostering the growth of junior students.

4. Continual Skills Improvement & Development
Black Belts must display good mastery of all techniques and understand the black belt syllabus well.

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I. HIGHER DAN | POOM | LEVEL GRADING

SUMMARY OF CRITERIA

Criteria	Minimum Time Limit	Minimum Training Attendance	Minimum Class Assistance +	Minimum Grading Assistance +
1st Dan | Poom to LV I	*	**6 months prior to grading**: no more than 25 days membership hold	15 hours	1 grading min 2 hours
LV I to LV II	6 months	**6 months prior to grading**: no more than 25 days membership hold	15 hours	1 grading min 2 hours
LV II to LV III 2nd Dan | Poom	6 months	**6 months prior to grading**: no more than 25 days membership hold AND **18 months prior to grading**: no more than 75 days membership hold	15 hours	1 grading min 2 hours
LV III to LV IV	6 months	**6 months prior to grading**: no more than 25 days membership hold	15 hours	1 grading min 2 hours
LV IV to LV V	6 months	**6 months prior to grading**: no more than 25 days membership hold	15 hours	1 grading min 2 hours
LV V to LV VI	6 months	**6 months prior to grading**: no more than 25 days membership hold	15 hours	1 grading min 2 hours
LV VI to LV VII	6 months	**6 months prior to grading**: no more than 25 days membership hold	15 hours	1 grading min 2 hours
LV VII to LV VIII 3rd Dan | Poom	6 months	**6 months prior to grading**: no more than 25 days absence AND **30 months prior to grading**: no more than 125 days membership hold	15 hours	1 grading min 2 hours

*** LEVEL I GRADING**

As 1st Dan | Poom Grading are held every 3 months, and Level Gradings are held every 6 months, the minimum time limit will vary depending on when you grade.

1st Dan | Poom Grading Date	**Kukkiwon Approval Date** (usually 2 months)	**Level I** (minimum 6 months from Kukkiwon approval date)
March	May	November (same year)
June	August	June (next year)
September	November	June (next year)
November	January	November (same year)

+ Class assistance hours can cover Grading assistance hours, but not vice versa.

KUKKIWON CHART

Division / Poom Dan	Minimum time Required for promotion	Age limits for promotion: Start from 'Dan'	Age limits for promotion: Start from 'Poom'	Application of 'Time' & 'Age'
1 poom	Non	Non	Less than 15 years old	● 1,2,3 Poom holder, being 15 years of age or above, is the same grade of Dan holder. Also can have the Dan Certificates when they want to change their Poom certificates. ● One who started from Poom may have the privilege of test application with shortened time limits until 5th Dan promotion. ● All applicants should have passed the minimum time and age required for promotion
1→2 poom	1 year	Non	Less than 15 years old	
2→3 poom	2 years	Non	Less than 15 years old	
3→4 poom	3 years	Non	Less than 18 years old	
1 Dan	Non	15 years and above	Non	
1→2 Dan	1 year	16 years and above	15 years and above	
2→3 Dan	2 years	18 years and above	15 years and above	
3→4 Dan	3 years	21 years and above	18 years and above	
4→5 Dan	4 years	25 years and above	22 years and above	
5→6 Dan	5 years	30 years and above	30 years and above	
6→7 Dan	6 years	36 years and above	36 years and above	
7→8 Dan	7 years	44 years and above	44 years and above	
8→9 Dan	8 years	53 years and above	53 years and above	

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WEIWU TAEKWONDO – BEYOND BLACK BELT
2. GRADING SYLLABUS

FULL CONTACT NO RULES SPARRING
FULL CONTACT NO RULES SPARRING 2 vs 1

HAND TECHNIQUES IN KOREAN - STRIKES
Back Stance Side Punch (Yop Jireugi)
Back Stance Outside Face Strike (Olgul Bakkat Chigi)
Back Stance Diamond Side Punch (Geumgang Yop Jireugi)
Front Stance Spring Up Punch (Sosum Jireugi)
Front Stance Fork Punch (Chetdari Jireugi)
Front Stance Diamond Front Punch (Geumgang Ap Jireugi)
Front Stance Supported Knife Grip (Geodeureo Kaljaebi)
Front Stance Pulling Chin Strike (Dankyo Tteok Chigi)
Front Stance Hammer Target Strike (Me Jumeok Pyojeok Chigi)
Front Stance Supported Spear Hand Strike (Sonkkeut Sewo Tzireugi)
Front Stance Low Block & Body Punch (Arae Makki & Momtong Jireugi)
Horse Riding Stance Side Elbow Strike (Palgup Yop Chigi)
Rear Cross Stance Yoke Strike (Meongye Chigi)
Rear Cross Stance Supported Back Fist Strike (Deung Jumeok Geodeureo Ap Chigi)

HAND TECHNIQUES IN KOREAN – BLOCKS
Front Stance Low Cross Block (Otgoreo Arae Makki)
Front Stance High Cross Block (Otgoero Olgul Makki)
Front Stance Low Knife-Hand Cross Block (Sonnal Otgoero Arae Makki)
Front Stance High Knife-Hand Cross Block (Sonnal Otgoero Olgul Makki)
Front Stance Minor Body Twist Block (An Palmok Momtong Bitureo Makki)
Front Stance Palm Body Pressing Block (Batangson Momtong Nullo Makki)
Front Stance Pushing the Rock (Bawimigi)
Back Stance Supported Low Block (Geodeureo Arae Makki)
Back Stance Supported Reverse Knife-Hand Body Block (Sonnal Deung Geodeureo Makki)
Back Stance Single Knife-Hand Mountain Block (Sonnal Oe Santeul Makki)
Back Stance Diamond Minor Outside Body Block (Geumgang An Palmok Momtong Makki)
Horse Riding Stance Supported Side Face Block (Olgul Geodeureo Yop Makki)
Horse Riding Stance Mountain Cleaving Block (Santeul Hecheo Makki)
Crane Stance Diamond Block (Geumgang Makki)

COMBINATION HAND TECHNIQUES
Back Stance Knife-Hand Body Block, Knife-Hand Low Block
Back Stance Supported Minor Outside Body Block, Fork Punch
Back Stance Diamond Minor Outside Body Block, Side Punch (Circular Motion)
Back Stance Reverse Knife-Hand Body Block, Side Diamond Punch
Back Stance Single Knife-Hand Mountain Block, Supported Outside Body Block
Front Stance Low Cross Block, Diamond Punch
Front Stance High Knife-Hand Cross Block, Double Back Fist Chin Strike
Front Stance Rock Pushing, Fork Punch
Cat Stance Low Knife-Hand Cross Block, Two Fist Inverted Punch
Any combination hand techniques in Korean (colour belt syllabus)
Any combination hand techniques with stance change in Korean (colour belt syllabus)

COMBINATION KICKING TECHNIQUES
Swinging Kick - One Outward, One Inward
Front Kick, Axe Kick
Front Kick, Side Kick
Repeating Side Kick
Side Kick, Hook Kick
Repeating Roundhouse Kick
Roundhouse Kick, Hook Kick
Roundhouse Kick, Side Kick
Roundhouse Kick, Axe Kick
Hook Kick, Roundhouse Kick
Any combination kicks as decided by examiner

COMBINATION DRILLS I
Right Leg Back, Back Stance, Supported Outside Body Block
Step Forward, Walking Stance, Low Block, Counter Punch, Body Block
Step Forward, Front Stance, Face Block, Pull Back, Cat Stance, Low Cross Block

Front Foot Front Kick
Back Leg Roundhouse Kick and Side Kick (in the air)
Land in Front Stance, Fork Punch, Front Kick
Land in Rear Cross Stance, Back Fist Strike

Turn Around, Front Stance, Swallow Strike to the Neck
Step Forward, Back Stance, Minor Outside Body Block
Slide Forward, Front Stance, Counter Punch
Back Leg, Jumping Side Kick, Back Kick
Land in Front Stance, Reverse Punch
Step Forward, Turn, Guard Up, Kihap

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WEIWU TAEKWONDO – BEYOND BLACK BELT
2. GRADING SYLLABUS

COMBINATION DRILLS II
Left Leg Step Forward, Minor Outside Body Twist Block, Counter Punch
Step Forward Horse-Riding Stance, Mountain Cleaving Block
Left Leg Crane Stance (Facing Left) Diamond Block, Right Leg Side Kick Kihap land with Elbow Target Strike

Turn to the Right with Left Leg, Back Stance Reverse Knife-Hand Body Block, change to Front Stance Rock Pushing Front Kick, land in Front Stance Fork Punch
Turn To the Left with Right Leg Back Stance Reverse Knife-Hand Body Block, change the Front Stance Rock Pushing Front Kick, land in Front Stance Fork Punch

Turn to the Back with Left Leg, Front Stance Low Block, step forward, Walking Stance Palm Pressing Block, change to Front Stance Swallow Strike to the Neck
Jumping Side Kick, Double Roundhouse Kick
Turning Back Fist Strike in Front Stance

Pull back Cat Stance High Knife-Hand Cross Block
Turn To the Front with Right Leg, Front Stance Reverse Upward Elbow Strike, Double Front Kick land in Front Stance Body Block, Double Punch
Pull back into Back Stance Knife-Hand Low Block

Change to Horse Riding Stance Diamond Side Punch, Jumping Turning Crescent Target Kick, land in Horse Riding Stance Diamond Side Punch
Step forward Back Stance, Knife-Hand Body Block and Knife-Hand Low Block with circular motion

ADVANCED | JUMPING KICKS
Jumping Back Kick
Jumping Turning Crescent Target Kick
Jumping Turning Roundhouse Kick
Advancing Jumping Back Kick
Advancing Jumping Turning Hook Kick
Jumping Side Kick
Two Feet Alternate Front Kick
Running / Jumping Knee Strike
Scissors Kick
Sweeping Kick

POOMSAE
Basic Pattern to Koryo
Taegeuk 8 with Korean Terminology
Koryo with Korean Terminology
Geumgang with Korean Terminology
Freestyle Poomsae 30 Seconds (LV VII)
Freestyle Poomsae 60-90 Seconds (LV VIII)

SELF DEFENCE
You must be able to put your attacker on the floor

Grab Wrist Right Hand to Right Hand
Grab Wrist Left Hand to Right Hand
Grab Both Hands Right & Left
Grab One Wrist Using Both Hands
Forward Wrist Lock
Reverse Wrist Lock
Arm Lock
Grab Hair Front Attack
Strangle Front Attack
Over the Arm Front Attack
Under the Arm Front Attack
Grab Hair Back Attack
Strangle Back Attack
Over the Arm Back Attack
Under the Arm Back Attack
Knife Attack to Body 1
Knife Attack to Body 2
Knife Attack to Body 3
Club Attack to Face 1
Club Attack to Face 2
Club Attack to Face 3
Advanced Hand Grabbing 1
Advanced Hand Grabbing 2
Advanced Hand Grabbing 3
Advanced Hand Grabbing 4
Advanced Collar Grabbing 1
Advanced Collar Grabbing 2

BOARD BREAKING
Jumping Back Kick (LV I)
Jumping Turning Roundhouse Kick (LV II)
Roundhouse Kick (LV III)
Power Breaking (LV VI to LV VIII)
Jumping Turning Hook Kick (LV VIII)

PHYSICAL STRENGTH
10 Push ups (LV I)
15 Push ups (LV II)
20 Push ups (LV III & IV)
25 Push ups (LV V & VI)
30 Push ups (LV VII)
35 Push ups (LV VIII)

60 Seconds Knuckle Hold (LV I)
90 Seconds Knuckle Hold (LV II)
120 Seconds Knuckle Hold (LV III & IV)
130 Seconds Knuckle Hold (LV V & VI)
140 Seconds Knuckle Hold (LV VII)
150 Seconds Knuckle Hold (LV VIII)

MY TAEKWONDO JOURNEY
(minimum 350 words)
LV III & LVL VIII

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WEIWU TAEKWONDO – BEYOND BLACK BELT

2. GRADING SYLLABUS

TAEGEUK 8		
	Stance	**Poom**
1	Oreun Dwi Gubi	Geodeureo Bakkat Makki
2	Wen Ap Gubi	Momtong Baro Jireugi
3	Wen Ap Gubi	Momtong Makki Momtong Dubeon Jireugi
4	Oreun Ap Gubi	Momtong Bandae Jireugi
5	Oreun Ap Gubi	Oe Santeul Makki
6	Wen Ap Gubi	Dankyo Tteok Jireugi
7	Wen Ap Gubi	Oe Santeul Makki
8	Oreun Ap Gubi	Dankyo Tteok Jireugi
9	Oreun Dwi Gubi	Sonnal Momtong Makki
10	Wen Ap Gubi	Momtong Baro Jireugi
11	Oreun Beom Seogi	Batangson Momtong Makki
12	Wen Beom Seogi	Sonnal Momtong Makki
13	Wen Ap Gubi	Momtong Baro Jireugi
14	Wen Beom Seogi	Batangson Momtong Makki
15	Oreun Beom Seogi	Sonnal Momtong Makki
16	Oreun Ap Gubi	Momtong Baro Jireugi
17	Oreun Beom Seogi	Batangson Momtong Makki
18	Wen Dwi Gubi	Arae Geodeureo Makki
19	Oreun Ap Gubi	Momtong Dubeon Jireugi
20	Oreun Dwi Gubi	Hansonnal Momtong Bakkat Makki
21	Wen Ap Gubi	Oreun Palgub Dollyeo Chigi
22	Wen Ap Gubi	Deung Jumeok Chigi
23	Wen Ap Gubi	Momtong Bandae Jireugi
24	Wen Dwi Gubi	Hansonnal Momtong Bakkat Makki
25	Oreun Ap Gubi	Wen Palgub Dollyeo Chigi
26	Oreun Ap Gubi	Deung Jumeok Chigi
27	Oreun Ap Gubi	Momtong Bandae Jireugi

KORYO		
	Stance	**Poom**
1	Oreun Dwi Gubi	Sonnal Momtong Makki
2	Oreun Ap Gubi	Sonnal Bakkat Chigi
3	Oreun Ap Gubi	Momtong Baro Jireugi
4	Wen Dwi Gubi	Momtong Makki
5	Wen Dwi Gubi	Sonnal Momtong Makki
6	Wen Ap Gubi	Sonnal Bakkat Chigi
7	Wen Ap Gubi	Momtong Baro Jireugi
8	Oreun Dwi Gubi	Momtong Makki
9	Wen Ap Gubi	Wen Hannsonl Arae Makki Kaljaebi
10	Oreun Ap Gubi	Oreun Hannsonl Arae Makki Kaljaebi
11	Wen Ap Gubi	Wen Hannsonl Arae Makki Kaljaebi
12	Oreun Ap Gubi	Mureup Kukki
13	Oreun Ap Gubi	An Palmok Momtong Hecho Makki
14	Wen Ap Gubi	Mureup Kukki
15	Wen Ap Seogi	An Palmok Momtong Hecho Makki
16	Juchum Seogi	Wen Hansonnal Momtong Yop Makki
17	Juchum Seogi	Oreun Jumeok Pyojeok Jireugi
18	Oreun Ap Gubi	Pyonsonkkeut Jeocheo Tzireugi
19	Oreun Ap Seogi	Arae Makki
20	Juchum Seogi	Wen Batangson Nullo Makki Oreun Palgub Yop Chigi
21	Juchum Seogi	Oreun Hansonnal Momtong Yop Makki
22	Juchum Seogi	Wen Jumeok Pyojeok Jireugi
23	Wen Ap Gubi	Pyonsonkkeut Jeocheo Tzireugi
24	Wen Ap Seogi	Arae Makki
25	Juchum Seogi	Oreun Batangson Nullo Makki Wen Palgub Yop Chigi
26	Moa Seogi	Wen Me Jumeok Pyojeok Chigi
27	Wen Ap Gubi	Hansonnal Bakkat Chigi Hansonnal Arae Makki
28	Oreun Ap Gubi	Oreun Sonnal Mok Chigi Hansonnal Arae Makki
29	Wen Ap Gubi	Wen Sonnal Mok Chigi Hansonnal Arae Makki
30	Oreun Ap Gubi	Kaljaebi

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WEIWU TAEKWONDO – BEYOND BLACK BELT

2. GRADING SYLLABUS

GEUMGANG		
	Stance	**Poom**
1	Wen Ap Gubi	An Palmok Momtong Hecho Makki
2	Oreun Ap Gubi	Oreun Batangson Tteok Chigi
3	Wen Ap Gubi	Wen Batangson Tteok Chigi
4	Oreun Ap Gubi	Oreun Batangson Tteok Chigi
5	Oreun Dwi Gubi	Wen Hansonnal Momtong Makki
6	Wen Dwi Gubi	Oreun Hansonnal Momtong Makki
7	Oreun Dwi Gubi	Wen Hansonnal Momtong Makki
8	Oreun Hakdari Seogi	Geumgang Makki
9	Juchum Seogi	Keun Doljjeogwi
10	Juchum Seogi	Keun Doljjeogwi
11	Juchum Seogi	Santeul Makki
12	Juchum Seogi	An Palmok Momtong Hecho Makki
13	Naranhi Seogi	Arae Hecho Makki
14	Juchum Seogi	Santeul Makki
15	Wen Hakdari Seogi	Geumgang Makki
16	Juchum Seogi	Keun Doljjeogwi
17	Juchum Seogi	Keun Doljjeogwi
18	Wen Hakdari Seogi	Geumgang Makki
19	Juchum Seogi	Keun Doljjeogwi
20	Juchum Seogi	Keun Doljjeogwi
21	Juchum Seogi	Santeul Makki
22	Juchum Seogi	An Palmok Momtong Hecho Makki
23	Naranhi Seogi	Arae Hecho Makki
24	Juchum Seogi	Santeul Makki
25	Oreun Hakdari Seogi	Geumgang Makki
26	Juchum Seogi	Keun Doljjeogwi
27	Juchum Seogi	Keun Doljjeogwi

TAEBAEK		
	Stance	**Poom**
1	Wen Beom Seogi	Sonnal Arae Hecho Makki
2	Oreun Ap Gubi	Momtong Dubeon Jireugi
3	Oreun Beom Seogi	Sonnal Arae Hecho Makki
4	Wen Ap Gubi	Momtong Dubeon Jireugi
5	Wen Ap Gubi	Jebii Poom Mok Chigi
6	Oreun Ap Gubi	Momtong Baro Jireugi
7	Wen Ap Gubi	Momtong Baro Jireugi
8	Oreun Ap Gubi	Momtong Baro Jireugi
9	Oreun Dwi Gubi	Geumgang Momtong Makki
10	Oreun Dwi Gubi	Dankyo Tteok Jireugi
11	Oreun Dwi Gubi	Momtong Jireugi
12	Oreun Hakdari Seogi	Jaguen Doljjeogwi
13	Wen Ap Gubi	Palgub Pyojeok Chigi
14	Wen Dwi Gubi	Geumgang Momtong Makki
15	Wen Dwi Gubi	Dankyo Tteok Jireugi
16	Wen Dwi Gubi	Momtong Jireugi
17	Wen Hakdari Seogi	Jaguen Doljjeogwi
18	Oreun Ap Gubi	Palgub Pyojeok Chigi
19	Oreun Dwi Gubi	Sonnal Momtong Makki
20	Oreun Ap Gubi	Nullo Makki Pyonsonkkeut Sewo Tzireugi
21	Oreun Dwi Gubi	Deung Jumeok Bakkat Chigi
22	Oreun Ap Gubi	Momtong Bandae Jiruegi
23	Wen Ap Gubi	Gawi Makki
24	Oreun Ap Gubi	Momtong Dubeon Jiruegi
25	Oreun Ap Gubi	Gawi Makki
26	Wen Ap Gubi	Momtong Dubeon Jiruegi

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WEIWU TAEKWONDO – BEYOND BLACK BELT

3. LEADERSHIP PROGRAM

Being a Black Belt Leader means much more than having the ability to defend yourself. It is about successfully dealing with life's challenges and having the confidence and self-belief that you can succeed in life and achieve your goals.

The Leadership Program aims to help Black Belts who want to take their Taekwondo practice to a higher level as well as learn and develop leadership skills that would be useful in all areas of life.

While Black Belts help instruct other students and pass on what they have learned, they also recognize how much more there is for them to learn and continue their own training and advancement. By teaching others, the Black Belts are also analysing their own abilities and improve, as well as developing leadership skills. This is part of the circle of Taekwondo. This keeps the art of Taekwondo alive for many generations and is the principle on which Taekwondo has sustained itself for thousands of years. The knowledge and art of Taekwondo is meant to be shared with others who strive to learn and to improve themselves.

Benefits of the Leadership Program :

- Learn valuable leadership and life skills
- Improve your Taekwondo practice to take it to another level
- Gain experience in instructing and refereeing
- Additional training opportunities
- Impressive addition to resume and adds weight to your accomplishment

REQUIREMENTS & EXPECTATIONS

The interaction you have with the students will directly influence their continued involvement in the class. Therefore, it is important that you foster a sense of belonging in your students that allows them to enjoy and appreciate their time with us. While your talent, skills and knowledge are valuable qualities as a Black Belt Leader, even more important are your personality, attitude, mannerism and teaching style which will strongly influence your students' receptions to you as their Leader / Instructor.

- Good knowledge of all techniques and poomsae up to your current rank
- Always know and display class management skills
- Always know and display positive attributes
- Always know and display proper etiquette

CLASS MANAGEMENT SKILLS

Following are class management skills that Black Belt will learn and improve through the mentored Class Assistance.

- Know the class routine and syllabus well
- Time Management
- Pace the class according to different students' levels and skills within the class.
- Maintain discipline
- Set the mood and tone of class
- Create a positive environment / atmosphere
- Use individual approach
- Set direct goals
- Give thoughtful feedback to students' response
- Reinforce positive behaviour and give realistic praise
- Give positive correction rather than criticism
- Refer to students by name
- Teach the concept of personal victory
- Use the right tone and language : imperious, impatient or condescending tones discourage learning and receptiveness

Keep calm. Be confident and sure of yourself when teaching, but also take care to be patient with your students, especially when teaching them something new.

INSTRUCTORS TEAM

- **BY INVITATION ONLY and subject to position availability only**
- Instructors play an important role in the success of our training programs
- Commit to Class Assistance roster on a regular basis
- Available positions are dependent on class size and Instructor numbers
- Demonstrate Black Belt attributes & etiquette

Responsibility and Commitment. Instructor must be able to commit to a roster for Class Assistance. On occasions when you cannot make it or are late, you must inform us as soon as possible for us to organise class cover if necessary. This is important for the successful delivery of our training program.

Be on time. Instructor is responsible to start the class with warm up and must be there on time.

Take initiative and be proactive. Instructor should

- constantly check and assist students. If you are unsure of what needs to be done, ask Senior Instructors
- not be in a situation where you stand, watch and do nothing
- not chat with Black Belt Leaders while training is running
- mentor Black Belt Leaders where necessary

Strive to Improve. You must strive to improve continually and know your syllabus well including terminology. You must know the order of basic and advanced techniques for each belt level to deliver at training.

REFEREEING & COMPETITION SUPPORT (Age 14+)

- **BY INVITATION ONLY**

Black Belts who are interested in refereeing at state competitions can pursue this path with Senior Instructor's approval. Separate accreditation by State/National Body will be required and minimum age applies (as set by State/National Body). This is another opportunity for Black Belts to be involved in different aspects of Taekwondo and gain different qualifications / accreditations.

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WEIWU TAEKWONDO – BEYOND BLACK BELT
4. BLACK BELT ATTRIBUTES AND ETIQUETTE

As a Black Belt, you are expected to always display attributes and proper etiquette.

ATTRIBUTES
The five tenets* of Taekwondo are the guiding principles of the philosophy behind Taekwondo and together with other attributes are important guide for Black Belts. Through our Beyond Black Belt program, we hope to instil in Black Belts these important attributes that would be beneficial in real life as well, not just as an instructor.

Courtesy *
Showing courtesy to all, respecting others, having manners as well as always maintaining the appropriate etiquette, both within and outside the dojang.

Integrity *
Black Belts do the right thing even when no one is looking. It's easy to be good when people are watching; true integrity is always doing your best. Integrity means not only to determine what is right or wrong but also having the conscience to feel guilty if one has done wrong and to have the integrity stand up for what is right. In the dojang, show integrity by not cheating at training. If your instructor asks for 20 push ups, don't do 15 so you can finish first. If you commit to a task, ensure that you carry it through with commitment and enthusiasm.

Perseverance *
Black Belts believe that they can overcome any obstacle put before them if their goal is important enough to them. Perseverance means steady persistence in a course of action or purpose, despite difficulties, obstacles or discouragement. Without perseverance, you will not progress well in the art, and it takes perseverance to have an indomitable spirit.

Self-Control *
Black Belts realize that they are responsible for their own thoughts' feelings and emotions. You don't blame others for your actions, and you respond instead of reacting. You must conduct yourself with control whether inside or outside the dojang. Taekwondo is not to be used for aggression, but for defence. This is one reason why as a student of Taekwondo, you must learn self-control while learning techniques. With Taekwondo training, you learn to develop more control over yourself, and this helps you to think more clearly about what you do or say.

Indomitable Spirit *
You may not always succeed on the first try at everything that you attempt in Taekwondo, or in life. The indomitable spirit has the courage and confidence to try again and not be discouraged in the face of fear or failure. The indomitable spirit perseveres. It comes from pushing yourself through physical and mental exhaustion and goes further than you thought possible.

Honesty
Black Belts realize that honesty is the best policy. First and foremost, we must be honest with self. It is often easier to find fault in others than it is to evaluate self. Black Belts should be able to look within and find areas they can improve on and at the same time realize their strengths they can build upon. Only then can you truly be honest with others in a positive, respectful manner.

Respect
We should respect ourselves first and then all others. Just because someone is different in the way they look, talk or believe does not make them any better or worse just different.

Communication
Black Belts understand that communication is their link between themselves and the world. They realize that it is important to be able to convey their thoughts and feelings to others. More importantly we need to listen before we speak or react. Black Belts realize that their confidence and body language is a form of communication and when used properly the likelihood of ever having to defend oneself goes down dramatically. The way we carry ourselves keeps us from being an easy target. The aura we radiate lets other know you are not one to be messed with. When the egos are removed it's much easier to walk away from any situation. On the defense side a Black Belt should stand up for what is right. We do not fight unless we must, when taken to that point a Black Belt realizes there is no fair fight, they should address the immediate danger, counterattack, and evacuate the danger zone.

Humility
Humility is one of the most important attributes in Taekwondo training and life. Being humble and not becoming bigheaded with your achievements makes you recognize that you can improve. No matter how smart one is, there is always room to learn something more. Black belts need to develop patience and listen more than speak, which in turn helps to learn from different people. With humility, we gain honour, and through honour, we earn respect.

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WEIWU TAEKWONDO – BEYOND BLACK BELT
4. BLACK BELT ATTRIBUTES AND ETIQUETTE

ETIQUETTE

- Bowing is a tradition in Korea used when entering or leaving the DOJANG (Training Hall). It is a sign of respect for instructor's experience, knowledge and commitment to Taekwondo. It is also out of respect for the dojang, the art and the ranks. This method of recognizing authority, experience, and greater knowledge helps to strengthen a student's respect for authority in and out of the dojang. It also fosters a sense of respect for the training, the goals and the person they aspire to become. And in time through training, they learn to respect themselves.

- When bowing, you must not look at the person you are bowing this. This is deemed rude and disrespectful. Bow by standing in front of the recipient and bending from the waist at about 30-degree angle for three seconds, with hands by the side and eyes on the ground.

- When you greet a Taekwondo instructor or Black Belt you should bow as above, with your left arm bent horizontally across your front. Then you can shake hands with your right hand. Traditionally, your bow shows the recipient that you respect and trust him/her; in return, the recipient bows as way of appreciating and reciprocating your feelings.

- If passing by the instructor, you must pass behind him/her, not in front of him/her. Listen quietly when your instructor talks and thank your instructor at the end of the class. Do not yawn, fiddle, fold your arms, chew gums or talk while instructor is talking. Students should address Senior Instructors as Master instead of by name.

- Lining up in class correctly is also important to show respect. The highest ranked student stands at the front of the class on the right side of the Dojang facing in from the door. When the first line is full, the next line works the same way according to rank. If you are the same grade as another fellow student, stand on the left of him/her if you are younger or if you have been training less time than him/her. If you are unsure, standing in the position of the lower rank shows courtesy and respect.

- The correct etiquette to adjust uniform or belt during class is to turn around with your back facing your instructor before you adjust your uniform or belt and then turn to face him/her when finished. It is rude and disrespectful to adjust uniform and belt facing your instructor.

- In the Dojang, do not lean against the walls, whether seated or standing. Do not stand with hands on hips or with a similar sloppy attitude. The correct relaxed standing position is with your feet apart and your hands behind your back. The correct sitting position is with your legs crossed, back straight and wrists on knees.

- When you meet an instructor or members from other Clubs you must treat them as you would your own Instructor or club members.

- Always maintain humility, be considerate and kind to those less fortunate.

- Always approach learning and training with an empty cup. Never go with the attitude that you already know it. There is always room for improvement. Perseverance and tenacity are a sign of strength, never give up.

- Trust your instructor's judgment if you are training. View criticism as an opportunity to grow.

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