Adult Black Belt Recommended

ID# _____ Start Date _____ Goal Date _____

CLASSES	
1.	31.
2.	32.
3.	33.
4.	34.
5.	35.
6.	36.
7.	37.
8.	38.
9.	39.
10.	40.
11.	SPARRING HRS
12.	1.
13.	2.
14.	3.
15.	4.
16.	5.
17.	6.
18.	ASSISTING HRS
19.	1.
20.	2.
21.	3.
22.	4.
23.	5.
24.	6.
25.	7.
26.	8.
27.	9.
28.	10.
29.	11.
30.	12.

FORMS

____ Koryo
____ White Tip Date: _____

____ Chulgi Chodan
____ White Tip Date: ____

____ DMC 7
____ Yellow Tip Date: _____

SELF DEFENSE | SPARRING

____ One-Steps 1-40
____ Orange Tip Date: ___

____ Hapkido 1-10
____ Orange Tip Date: ___

____ Ground Defense 1-5
____ Orange Tip Date: ___

BASICS

____ Geugki 1-9
____ Jajeh 1-9
____ Hands only sparring
____ 3-3 min. rds sparring
____ Green Tip Date: _____

BREAKING

____ 3 Station Board Break
____ Brick Break
____ Brown Tip Date: ____

REQUIREMENTS

___ Attitude/Effort-Purple Tip Date: _____
___ 2 hour Meditation Date: ____
___ 3 day Fast
___ 34 classes/12 assisting/8 sparring Red Tip Date: _____
___ OMAC Event or 2 Senior Classes - Silver Tip _____

Paper: TKD and My Life 3-5 pages

$400 Test Fee ($25 Annual OMAC Fee)

INSTRUCTOR NOTES

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Instructor Signature