

1ST DAN & HIGHER

BASIC REQUIREMENTS: Waiting period varies by level * Participate in at least one tournament since previous belt test * Participate in demonstration(s) since previous test * Help at at least one belt test since previous test

FEE: see instructor; varies by level

Additional Training Opportunities

- Family Class Saturdays 10-11 am
- Sparring Class Saturdays 11 am-12:30 pm
- Gray Belt Class Mondays 8:15-9:15 pm

Black Belt Class Wednesdays
8:00-9:00 pm

Form & Essay

TOPIC: *The Essence of Taekwondo* or *What Taekwondo Means to Me*

LENGTH: Minimum two pages per level; this should be a thoughtful personal reflection written by YOU; proofread for spelling and grammar before turning it in.

FORM: Fill in all information; include test, demo, tournament, and test assistance dates.

ASK: Instructor to approve everything



Timeline

