

Black Belt Continuing Education Progress Journal

Name:

Taekwondo/Kumdo Birthdate:

Mireu Dan/Poom Rank/Testing Date:

Kukkiwon #/ Poom/Dan Rank (TKD)/Kukkiwon Registered Date:

Mentors Name:

Have you registered on T-con and applied for Kukkiwon (Taekwondo): Yes No

Black Belt Progress and Experience Reflection

1. Class Leadership Experience

Have you had the opportunity to lead class activities? Please describe your experience.

2. Assisting with Pre-Testing

Have you had the opportunity to assist with pre-testing? Please describe your experience.

3. Judging Testing

Have you had the opportunity to judge testing? Please describe your experience.

4. Black Belt Team Building Events

Have you attended a Black Belt team-building event or activity (held three times a year)? Please describe the event you attended and your experience.

5. Class Attendance

How has your attendance been (10 classes per month requirement)? How many classes have you attended per month? If fewer than 10, please explain the reason and what you need to improve attendance.

6. Seminar Participation

Have you attended seminars (minimum of 2 per year requirement)? Please list the seminars you attended and describe your experience.

7. Tournament Participation

Have you attended a tournament (1 per year requirement)? Please list the tournaments you attended, the events you competed in, and describe your experience.

8. Mireu Dojang Events

Have you helped with Mireu dojang events (minimum 3 events per year requirement)? Please list the events, describe what you did to help, and share your experience.

9. Community Outreach Event

Have you assisted with organizing a community outreach event (1 per year requirement)? Please list the event you assisted with and describe your experience.

10. Poomsae Training Progress

How are you progressing on your poomsae training (lower belt poomsae, high belt poomsae, and creative)? Do you need any further support from your mentor or instructors?

11. Step Sparring Progress

How are you progressing on your step sparring (low belt and creative)? Do you need any further support from your mentor or instructors?

12. Physical Endurance and Conditioning

How do you feel about your physical endurance and conditioning? Do you need further support from your mentor or instructors?

13. Presentations on History, Philosophy, and Culture

Have you had the opportunity to give a small presentation in person or via video on history, philosophy, or culture? What did your presentation cover?

14. Cross-Training Activities

What have you done for cross-training to improve your martial arts ability? Please list your cross-training activities.

15. Motivation and Support

Are you feeling motivated and excited about your black belt journey? Do you need any support from your mentor or instructor?