



Jhoon Rhee Tae Kwon Do

Part II: Black Belt Preparation Worksheet

Name: Jane Doe Parent Signature (if under 18): _____

The way in which a martial artist prepares for their black belt exam is often an accurate reflection not only of how ready they will be when the day comes, but also of what kind of black belt they will be. Please complete the following worksheet detailing how you have prepared, and plan to prepare, for your upcoming exam.

List your three biggest:

Strengths: 1 Speed 2 Sparring 3 Attitude

Weaknesses: 1 Stances 2 Hand power 3 Endurance

- Y / N Have you taken and/or scheduled private lessons or classes at Falls Church?
- Y / N Have you taken and/or scheduled private lessons at JRI Arlington?
- Y / N Have you been attending Sunday Reviews?

Day(s) of the week	Amount of time	What you are practicing	How/In what way (* = Plan to do but have not yet started)
Sun.	1.5hr.	Endurance, Memoriz.	Sunday Review
Mon.	15min.	Push/sit ups, B.S., <u>Class</u> (focus on pivots)	*Timed at home - When in class focus on pivots
Tues.	30min.	Hand power	All forms w/just hands
Wed.	30min.	Stances	P, BL forms, hold each stance 3sec.
Thurs.	15min.	→ P/s-ups/B.S. " <u>Class</u> (focus=stances)	*5 sets of 10, slow kicks - When in class stay extra low
Fri.	30min.	Endurance	Combos ↑ and ↓ in a row
Sat.	15min.	P/s-ups/B.S. <u>Class</u> (focus=power)	- Hold plank 1min./Hold chamber 1min. each. Extra power in class.

On a scale of 1-10 (1 = lowest, 10 = highest): How mentally prepared to test do you feel? 7.5

What other activities will you be participating in during this training period? Please include their schedule and frequency.

Baseball (Tues/Fri/Sat = 1 hr. each), Piano (Wed/Thurs. = 30 min/each)

Additional Comments: (you may attach a separate page)

Every other Wednesday will be a rest day where I will stretch and visualize myself performing curriculum but will let my body rest by not practicing or attending class.



Jhoon Rhee Tae Kwon Do

Part II: Black Belt Preparation Worksheet

Name: First Brown Freddie Parent Signature (if under 18): [Signature]

The way in which a martial artist prepares for their black belt exam is often an accurate reflection not only of how ready they will be when the day comes, but also of what kind of black belt they will be. Please complete the following worksheet detailing how you have prepared, and plan to prepare, for your upcoming exam.

List your three biggest:

Strengths: 1 Power 2 Musical Timing 3 Flexibility
Weaknesses: 1 Speed 2 Balance 3 Form yells

Y / N Have you taken and/or scheduled private lessons or classes at Falls Church?

Y / N Have you taken and/or scheduled private lessons at JRI Arlington?

Y / N Have you been attending Sunday Reviews?

Day(s) of the week	Amount of time	What you are practicing	How/in what way (* = Plan to do but have not yet started)
Mon.	72 min.	-RK pivots -Tech Kicks (Class=60m)	
Tues.	73 min.	-RK pivots -Low stances (Class=60m)	
Wed.	13 min.	* B.S. + Push-ups (every day)	See attached chart
Thurs.	83 min.	-Low stances -T.K. Bal. (Class=60m)	
Fri.	25 min.	-RK pivots -Low stances -Tech Kick Balance	
Sat.	REST DAY		Stretch + visualize forms
Sun.	90 min.	Sunday Review	Full curriculum review → Endurance

On a scale of 1-10 (1 = lowest, 10 = highest): How mentally prepared to test do you feel? 8

What other activities will you be participating in during this training period? Please include their schedule and frequency.

Tutoring x2 (Tues/Thurs) 1hr. 6am, Band practice x3 (Mon, Tues, Wed) 1hr. 4pm

Additional Comments: (you may attach a separate page)

See attached chart

AT-HOME PRACTICE CHART

Practice Location: Living room

Time of day: After dinner (~7pm)

GOAL	Monday	Tuesday	Wednesday	Thursday	Friday
RK Pivots	GR, P, R combos Pausing on RK chambers	Back RK chamber laps (~2min no belt) (~2min w/ kick)		Tie belt around self once + do traditional forms w/ tips on floor	Record self doing Chasin kid sets + improve puts on Takes 2+3
Low Stances		Jungge + Fung. Ma - Pause every stance 3 seconds	5 4 3 2 1	Practice transitions from RK → SK in Get, Get, Get + Get Del.	Hold each stance (low) x 10 sec, then 20, then 30.
Teck Kick Balance	Do all teck kicks w/ finger on wall for support		20 push-ups take 8 sec. to go down	1/min. pushups (x2)	Balance role on top on head for posture and do kicks slowly.
Push-ups	5 sets of 10 (x2)	Hold Plank 1/min while reading			Take as long as needed (time it) to complete 50.
Belt Stretch	Hold chamber 1/min each CLASS	Belt stretch 1/min each CLASS	Slow kicks FK/SK x 10 each	Leg Platters x 15 sec. each CLASS	Belt stretch 90 sec. each

Every Day

12 minutes
Total
+
Class

13 minutes
Total
(not including)
class

13 minutes
Total

23 minutes
Total
+
Class

25 minutes
Total