

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Taekwon-Do School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**FORM A: 1st KUP - BLACK BELT APPLICATION**

Congratulations, you have been training in TKD for a sufficient time, have passed your 1st kup grading and are now considering your application to become a Black Belt. This appraisal form is designed to help you review your performance to date and to help you identify areas for improvement. This will enable you to consider the future responsibilities that would accompany ‘Black Belt’ status.

The P.U.M.A. grading panel is made up of senior Black Belts, who have many years of experience and expect a high standard. The performance of each student will be monitored closely, and each application will receive the full attention required for such an important assessment.

Please ‘help your Instructor to help you’ attain the required standard necessary to carry out the Black Belt grading by filling out the attached appraisal form as honestly and as objectively as you can.

Your application for Black Belt will occur in the following order:

1. Your Instructor will have issued you with this form shortly after the successful completion of the 1st Kup grading.
2. You will need to have completed this self-appraisal in full, and have returned it to your Instructor at least 2 months prior to the Black Belt grading.
3. Your Instructor will consider your completed appraisal form and your application for Black Belt and will discuss it with you in due course.
4. Should you be considered eligible and continue with the Black Belt application, you will be issued with your Black Belt application forms and given an essay title, which will need to be completed before the pre-grading. You will then be issued with a time, date and details of the venue at which you will carry out a pre-grading assessment.
5. The completed Black Belt application forms and your completed essay must be handed to your Instructor by:

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1. If successful at the pre-grading, you will then be issued with a time, date and details of the venue at which you will be invited to carry out the Black Belt grading assessment.

## BLACK BELT SELF-APPRAISAL

To: Instructor:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_TKD School:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

cc: P.U.M.A. Black Belt Examination Panel

STUDENT NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Within this appraisal form you will be given the opportunity to grade yourself. Please use the following codes where requested and circle the one most relevant to your answer:

**E** - Excellent

### **VG** - Very Good

**S** - Satisfactory

**ID** - Improvement Desired

**IE** - Improvement Essential

Please do not write in the right hand column, which is reserved for your Instructors comments. If you require more space, please use extra paper and ensure it is stapled to the appraisal form and is clearly marked with the relevant question number.

|  |  |
| --- | --- |
| Students Comments | Instructors Comments |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1.** How do you rate your overall attendance? Please comment regarding any extra training you have undertaken, or any periods when you have been absent for any length of time.   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** | | Instructor note: Has student-training card been checked and attached to application? Y/N Copy of school register to be attached to application. Y/N Students attendance percentage since last grading, please calculate  (lessons attended ÷ lessons available X 100).  \_\_\_\_\_\_\_\_\_\_\_%  Instructor Comment:     |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** | |

**2.** Please grade yourself on the following aspects of Taekwon-Do:

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **A.** Technical Ability Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |  **B.** Use of Power Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   **C.** Knowledgein Patterns  Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   **D.** Free Sparring  Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   **E.** Self Control Regarding Free Sparring  Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |  **F.** Set Sparring Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |  **G.** Kicks Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |  **H.** Self Defence Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |  **I.** TKD Theory Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   **J.** Fitness  Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   **3.** How do you rate your support for your  TKD school?  Provide examples:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   **4.** Comment on your level of support for P.U.M.A.  Give examples:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   **5.** Why do you think it is important to support P.U.M.A. | Instructor Only  Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |  Instructor Only Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |  Instructor Only Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** |   Comment:   |  |  |  |  |  | | --- | --- | --- | --- | --- | | **E** | **VG** | **S** | **ID** | **IE** | |
| **6A.** What do you think your future responsibilities will consist of as a P.U.M.A. Black Belt?  **6B**. How do you feel about fulfilling these responsibilities?  **7.** What would your reaction be if you are un-successful at the pre-grading or the Black Belt grading itself, and what will you do about it? | |
| **8.** After training and preparing for the Black Belt grading for more than three and a half years, after the grading, some students decide to ‘take a break,’ ‘rest,’ or ‘retire’ altogether from Taekwon-Do.     1. Why do you think this is? 2. What action will you take to stop this happening to you?   **9.** Please explain in your own words what you feel the difference should be regarding training, commitment and etiquette between 1st degree and 2nd degree:  **1st Kup – 1st Degree**: *eg*; This student should be training twice a week with their own Instructor plus additional lessons at other schools. The student should be willing to support their school by participating in demonstrations/tournaments etc. and should demonstrate a good level of courtesy and etiquette.  **1st Degree – 2nd Degree**: | |
| **10.** Explain your views on etiquette within the role of a Black Belt student both *inside and outside* the Dojang.  **11.** Why do you feel you are ready to become a Black Belt? | |
| INSTRUCTOR ONLYIs this student ready to become a Black Belt within P.U.M.A.? YES / NO Please briefly state reasons: | |
| **INSTRUCTOR NOTE:** If the student is not ready for Black Belt status at this time, please ensure that the candidate is fully briefed as to the reasons why their application has been unsuccessful, and ensure that an action plan is put into place as soon as possible to enable them to re-apply. | |