

1st dan Black Belt Training Checklist

Use this checklist to monitor your progress towards 1st degree



Name: _____ Grading Date: _____

PATTERNS	☒ 3 months out	☒ 2 months out	☒ 1 month out
I know all my patterns well			
I can perform any pattern without hesitations			
I have received feedback from my instructor on:			
Choong-Moo			
Hwa-Rang			
Toi-Gye			
Joung-Gun			
Yul-Gok			
Won-Hyo			
Do-San			
Dan-Gun			
Chon-Ji			
Notes and reminders			

SPARRING & SELF DEFENCE	☒ 3m	☒ 2m	☒ 1m
I know the step sparring syllabus (All levels)			
I know the free sparring syllabus (All levels)			
I know the self defence syllabus (All levels)			
Notes and reminders			

FITNESS	☒ 3m	☒ 2m	☒ 1m
I can achieve 4 points for the 2.4km Run			
I can achieve 4 points for the Press-Ups Test			
I can achieve 4 points for the Plank Test			
I can maintain power for the 3 rounds of pad work			
Notes and reminders			

DESTRUCTION		✓ 3 months out	✓ 2 months out	✓ 1 month out
I can achieve 4 points for the flying high kick				
I can achieve 4 points for the overhead kick				
I can achieve 4 points for the side piercing kick				
I can achieve 4 points for the downward punch / elbow				
Notes and reminders				
THEORY		✓3m	✓2m	✓1m
I can consistently score 90%+ at https://dojang.nz/quiz				
10 th Gup				
9 th Gup				
8 th Gup				
7 th Gup				
6 th Gup				
5 th Gup				
4 th Gup				
3 rd Gup				
2 nd Gup				
1 st Gup				
I have reviewed the following websites: https://members.itkd.co.nz/ https://itftkd.sport/				
Notes and reminders				
APPLICATON		✓3m	✓2m	✓1m
I have started my on-line Application: https://itkd.justgo.com				
I have had someone check my application (eg make sure you have accurate dates and details of each credit point)				
Have completed my application and have purchased a ticket for the grading.				
Notes and reminders				