

3RD DEGREE BLACK BELT GRADUATION REQUIREMENTS

3BD ► 3 mid-terms:

1st Mid-term: date _____

2nd Mid-term: date _____

3rd Mid-term: date _____

- Form – Chung San
- Sparring Combinations
- Self-Defense
- Mid Range Jahng Bong or Long Range Jahng Bong (current weapon of that cycle) Drills and Form
- Sparring
- Board Breaks (as approved by Sr. Master Niblock)

3BD ► Rank Graduation to 4th BD: (at 36 months / date _____)

- Form – Chung San
- Sparring Combinations
- Self-Defense
- Mid Range Jahng Bong or Long Range Jahng Bong (current weapon of that cycle) Drills and Form
- Sparring
- Board Breaks (see list in Master Club Book and review options with Sr. Master Niblock)

**** 3rd Degree Decided Black Belts have a required 3 year waiting period before being eligible to graduate to 4th Degree Black Belt. You are highly encouraged to participate in Black Belt Graduation every quarter even though you are only required to do 3 mid-terms for accumulated points under the ATA guidelines. Please see Sr. Master Niblock if you have further questions.**