



Black Belt Academy – Stamp Book & End of Year Competition

As a member of the Black Belt Academy you not only get a pair of black trousers to highlight your achievement and access to join exclusive classes and learn advanced techniques. You also have the opportunity to compete in the black belt academy competition and be in with a chance to win big prizes at the end of the year. The scoring for this competition comes in 2 parts:

End of Year Black Belt Academy Class

Each quarter you will be taught different hand and leg combinations in your Black Belt Academy classes, in the final BBA class of the year you will perform each of these different combinations (4 hand combinations, 4 leg combinations) and will be scored on each based on knowledge of the combination, technical ability and energy/enthusiasm.

Black Belt Academy Stamp Book

You will also receive stamps in your Black Belt Academy Stamp books throughout the year based on your performance in class. Each stamp received is worth one point towards your final score in the competition and if you collect all possible stamps for a category your points for that category will be doubled. Stamp books should be bought with you to the Black Belt Academy classes where your books will be updated with all the stamps you have received during the month. Stamps will be awarded in the below categories.

Black Belt Academy Class Attendance

One stamp received for each Black Belt Academy class attended

Terminology

One stamp received for completing the monthly Korean terminology challenge found in the Berkshire CKD newsletter

Remaining stamp categories are based on the Choi Kwang Do principles. A stamp is earned for a category by demonstrating the required values during a normal class. A stamp is not given for every class attended, to earn a stamp a BBA member must do exceptionally well in the required category and all instructors must agree that the BBA member has done so. It is possible that a BBA member may not receive a single stamp in any of these categories some months, this should not be taken as a negative, instead a BBA member should show "Pil Seung" spirit and use this to drive their efforts for the following months.

Humility

Happy to partner younger/more junior students and assist with their training and development

Respect all instructors and fellow students (always call them "Sir" or "Ma'am" without being reminded)

Always bow correctly with a loud "Pil Seung!" in class and when entering/leaving the Dojang

Integrity

Being honest with your instructors

Good knowledge of **all** curriculum, not just your current belt

Clear evidence that you are practicing at home

Acknowledging your own strengths and weaknesses. Accepts both positive and negative feedback with humility and respect

Gentleness

Good control of abilities when partnering students who are new, younger or smaller than yourself

Always be friendly and approachable to new students or those who seem upset, make everyone feel welcome and part of a family

Perseverance

One stamp received each month that a BBA member attends 8 or more classes

Self-Control

Good concentration and discipline in class (focus, standing still, not talking, listening to instructions etc)

Good behaviour during breaks (no running or messing around)

Follow class rules (read, understand and follow the student manual)

Unbreakable Spirit

Always clapping at the end of drills

Strong/Loud kihaps and lots of encouragement during drills

Line up with a partner quickly at the start of all drills

At the end of the year point scores for the stamp books and the end of year class will be combined to determine overall winners and allocate prizes. Remember, whilst we call this a competition it is only a way of pushing BBA members to develop further and rewarding them for their hard work, we do not expect to see anyone teasing other BBA members over stamp totals or anyone becoming upset for not receiving stamps/prizes etc. As Black Belt Academy members you should all be demonstrating the highest levels of Humility and Unbreakable Spirit.