

Student Portfolio

Student's Name

“A Black Belt is a White Belt that never quit.”
Grandmaster Edward B. Sell



U.S. Chung Do Kwan Association Motto:

**To give strength to the weak,
confidence to the timid,
and spiritual guidance to those who seek after God**

Black Belt Review Board Date: _____

Location: _____

Black Belt Graduation Date: _____

Location: _____

Black Belt Essay Grade: _____ Date: _____

Examiner: _____

Portfolio Grade: _____ Date: _____

Examiner: _____



STUDENT INFORMATION

Name _____ Birthday _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____

Date of my first class _____

U.S. Chung Do Kwan Association



Record of Promotions

1st Degree Black Belt Testing

Date of Review Board _____ Instructor _____

Date of Testing _____ USCDKA Cert. # _____

Date of Confirmation _____ Kukkiwon Cert. # _____

Fill in the blanks for each column. Certificate number must be recorded for each rank. Set goals for upcoming ranks with your Instructor. The average training is 3 years to a Black Belt.

Rank	Goal Date	Testing Date	Instructor	Certificate #
Black Belt				
1 st Gup – Brown				
2 nd Gup – Brown				
3 rd Gup – Red				
4 th Gup – Blue				
5 th Gup – Purple				
6 th Gup – Green				
7 th Gup - Orange				
8 th Gup – Gold				
9 th Gup - Yellow				
10 th Gup – White				



HOW TO GET THE MOST OUT OF YOUR PORTFOLIO

Important Information to Read!

This portfolio is designed to be a keepsake - a diary of your Taekwondo training that you can cherish for years to come and a means for the Reviewing Board to track your activities in an organized manner. Feel free to add items in order to customize it. Your Instructor will use your portfolio as a tool to check your participation and chart your progress. Please be accurate as you enter the information the portfolio asks for in order to make your Instructor's job easier. At various rank levels, you will also be graded on the contents of your portfolio. Every person testing for Black Belt **must** turn in a completed portfolio, which will be graded. The sooner you begin to enter information, the more complete and accurate the information will be.

At the bottom of each page you will find the name of the tab the page is to be placed. Be sure to keep accurate record of your class attendance on the Attendance Chart in the front of your portfolio. We suggest that you make copies of all certificates for each rank, achievement awards, participation certificates, etc. and place them under the appropriate tab that corresponds with your rank at the time you received them. Beginner Section includes: 9th - 7th gup, Intermediate Section includes: 6th -4th gup, Advanced Section includes 3rd - 1st gup. We would recommend that you add pictures at each belt rank as well. At the end of each tab for Beginner, Intermediate, and Advanced you will find a summary sheet which needs to be completed as you finish each stage of training. In the Advanced Section you must also complete the Instruction Log in order to receive credit for your instructing hours at your school. It is amazing how much you learn by teaching others, which is precisely why the advanced students are required to accumulate Instructing Hours.

You are asked to refer to the curriculum requirements in the textbook, Forces of Taekwondo in order to give you a better understanding of items that you may want to add to your portfolio such as essays. Under "Special Items" you may want to put newspaper clippings, newsletters, autographs, programs, poetry, or anything that is special to you.

Keep in mind that the entire portfolio has a copyright and may not be copied without written permission from the U.S. Chung Do Kwan Association, Inc. except for extra pages needed for special events, notes, or extra school contributions. We trust your integrity as a martial artist to comply.



BRIEF HISTORY OF TAEKWONDO

- Taekwondo, sometimes called Korean Karate, has been traced as far back as 37 BC in carvings and murals.
- The art of Taekwondo was passed from father to son and from generation to generation.
- The first modern day Taekwondo class was taught in 1944 by Won Kuk Lee, the founder of Chung Do Kwan in Seoul, South Korea.
- The Korean Taekwondo Association (KTA) was formed in 1965 in Seoul, South Korea.
- The United States Chung Do Kwan Association (USCDKA) was formed in 1967 by Edward B. Sell.
- In 1973, the 1st World Taekwondo Championships were held in Seoul Korea. There were 3 teams from the USA. Grandmaster Edward B. Sell and the 5 USCDKA black belts represented the Central Region of the USA.
- In May of 1973, twenty countries formed the "World Taekwondo Federation". Grandmaster Edward B. Sell was a USA delegate.
- World Title: February 1977- Brenda J. Sell is the first female to be promoted to 7th Degree black belt by the World Taekwondo Federation (WTF).
- Taekwondo was officially accepted as an Olympic sport in 1988, and is one of the fastest growing sports in America today. Sr. Grandmaster Sell attended the 1988 Olympics, in an official capacity of Public Relations for Taekwondo.
- World Title: 1999- Edward B. Sell is the first non-Korean to test for the Chung Do Kwan 9th Degree black belt.
- World Title: September 10, 2001. Edward B. Sell becomes the first non-Korean to test for 9th Degree black belt at the WTF Headquarters in Seoul, Korea.
- World Title: March, 2003 Brenda J. Sell becomes the first female to ever test for the Chung Do Kwan 8th Degree black belt. She is scheduled to test for the WTF 8th Dan in May, 2005.

The credentials of all U.S. Chung Do Kwan students and black belts are authentic and of the highest caliber available.



Taekwondo USCDKA Training Log

MONTHLY TRACKING CHART for the year of _____

Directions: Place an X in the appropriate square for each class attended then record the total number of classes for the month in the total column. Total attendance for each month at the bottom.

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
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Totals:												
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SUMMARY PAGE FOR BLACK BELT TESTING

USCDKA Membership Card expires on what date _____

My long-term goal in Taekwondo is: _____

In the appropriate section below, record the number of requirements you have completed.

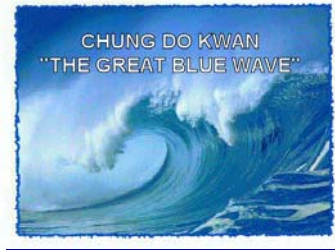
REQUIREMENTS	As a Beginner Student	As an Intermediate Student	As an Advanced Student	TOTAL
Tournaments (minimum of 3)				
Demonstrations (minimum of 3)				
Seminars (minimum of 2)				
Instructor's Course (must attend 1 to apply for Instructor Degree)				
Instructing Hours (minimum of 25 hours)				
Contributions to the school				
Total months active training				

Instructor's Comments: _____



10th GUP WHITE BELT

The Belt of Beginnings



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During my training as a 10th Gup, the things I enjoyed most were: _____

During my training as a 10th Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 10th Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 10th Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 7.5 to 8.0 = B 6.5 to 7.0 = C 5.5 to 6.0 = D

Category	Score	Incomplete	Average Score	Letter Grade
1. All Records Complete	_____			
2. Training Log Up To Date	_____			
3. Photos	_____			
4. Unique Designs	_____			
5. Overall Creativity	_____			
Comments	_____			
Grading Instructor	_____		Date	_____



9th GUP YELLOW BELT

The Belt of Encouragement



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During my training as a 9th Gup, the things I enjoyed most were: _____

During my training as a 9th Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 9th Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 9th Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 7.5 to 8.0 = B 6.5 to 7.0 = C 5.5 to 6.0 = D

Category	Score	Incomplete	Average Score	Letter Grade
1. All Records Complete	_____			
2. Training Log Up To Date	_____			
3. Photos	_____			
4. Unique Designs	_____			
5. Overall Creativity	_____			
Comments	_____			
Grading Instructor	_____	Date _____		



8th GUP GOLD BELT

The Belt of Excitement



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During my training as an 8th Gup, the things I enjoyed most were: _____

During my training as an 8th Gup the things I have found that I need to work on are: _____

My accomplishments during my training as an 8th Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as an 8th Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 7.5 to 8.0 = B 6.5 to 7.0 = C 5.5 to 6.0 = D

Category	Score	Incomplete	Average Score	Letter Grade
1. All Records Complete	_____			
2. Training Log Up To Date	_____			
3. Photos	_____			
4. Unique Designs	_____			
5. Overall Creativity	_____			

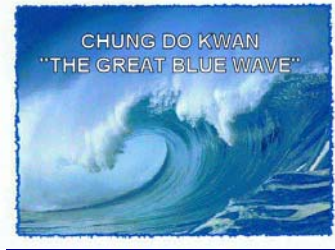
Comments _____

Grading Instructor _____ **Date** _____



7th GUP ORANGE BELT

The Belt of Inspiration



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During my training as a 7th Gup, the things I enjoyed most were: _____

During my training as a 7th Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 7th Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 7th Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 7.5 to 8.0 = B 6.5 to 7.0 = C 5.5 to 6.0 = D

Category	Score	Incomplete	Average Score	Letter Grade
1. All Records Complete	_____			
2. Training Log Up To Date	_____			
3. Photos	_____			
4. Unique Designs	_____			
5. Overall Creativity	_____			

Comments _____

Grading Instructor _____ **Date** _____



Beginner Summary Page

USCDKA Membership Card Expires on what date: _____

My long-term goal in Taekwondo is: _____

During my training in the beginner stages, my favorite technique(s) were:

During my training in the beginner stages, an important lesson I learned was:

Total number of tournaments attended:

(If zero, please explain below)

Total number of demonstrations attended:

(If zero, please explain below)

Total number of seminars attended:

(If zero, please explain below)

Total number of contributions to my school

(If zero, please explain below)

Instructor's comments: _____



6th GUP GREEN BELT

The Belt of Talent



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During my training as a 6th Gup, the things I enjoyed most were: _____

During my training as a 6th Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 6th Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 6th Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 7.5 to 8.0 = B 6.5 to 7.0 = C 5.5 to 6.0 = D

Category	Score	Incomplete	Average Score	Letter Grade
1. All Records Complete	_____			
2. Training Log Up To Date	_____			
3. Photos	_____			
4. Unique Designs	_____			
5. Overall Creativity	_____			

Comments _____

Grading Instructor _____ **Date** _____



5th GUP PURPLE BELT

The Belt of Motivation



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During my training as a 5th Gup, the things I enjoyed most were: _____

During my training as a 5th Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 5th Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 5th Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 7.5 to 8.0 = B 6.5 to 7.0 = C 5.5 to 6.0 = D

Category	Score	Incomplete	Average Score	Letter Grade
1. All Records Complete	_____			
2. Training Log Up To Date	_____			
3. Photos	_____			
4. Unique Designs	_____			
5. Overall Creativity	_____			

Comments _____

Grading Instructor _____ **Date** _____



4th GUP BLUE BELT

The Belt of Patience



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During my training as a 4th Gup, the things I enjoyed most were: _____

During my training as a 4th Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 4th Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 4th Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 7.5 to 8.0 = B 6.5 to 7.0 = C 5.5 to 6.0 = D

Category	Score	Incomplete	Average Score	Letter Grade
1. All Records Complete	_____			
2. Training Log Up To Date	_____			
3. Photos	_____			
4. Unique Designs	_____			
5. Overall Creativity	_____			

Comments _____

Grading Instructor _____ **Date** _____



Intermediate Summary Page

USCDKA Membership Card Expires on what date: _____

My long-term goal in Taekwondo is: _____

During my training in the intermediate stages, my favorite technique(s) were:

During my training in the intermediate stages, an important lesson I learned was:

Total number of tournaments attended:

(If zero, please explain below)

Total number of demonstrations attended:

(If zero, please explain below)

Total number of seminars attended:

(If zero, please explain below)

Total number of contributions to my school

(If zero, please explain below)

Instructor's comments: _____



3rd GUP RED BELT

The Belt of Energy



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During my training as a 3rd Gup, the things I enjoyed most were: _____

During my training as a 3rd Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 3rd Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 3rd Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 7.5 to 8.0 = B 6.5 to 7.0 = C 5.5 to 6.0 = D

Category

Score

- All Records Complete
- Training Log Up To Date
- Photos
- Unique Designs
- Overall Creativity

Incomplete

Average Score

Letter Grade

Comments

Grading Instructor _____

Date _____

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2nd GUP BROWN BELT

The Belt of Skill



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During my training as a 2nd Gup, the things I enjoyed most were: _____

During my training as a 2nd Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 2nd Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 2nd Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 7.5 to 8.0 = B 6.5 to 7.0 = C 5.5 to 6.0 = D

Category

Score

- All Records Complete
- Training Log Up To Date
- Photos
- Unique Designs
- Overall Creativity

Incomplete

Average Score

Letter Grade

Comments

Grading Instructor _____

Date _____

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1st GUP BROWN BELT

The Belt of Competency



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During my training as a 1st Gup, the things I enjoyed most were: _____

During my training as a 1st Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a 1st Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a 1st Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 7.5 to 8.0 = B 6.5 to 7.0 = C 5.5 to 6.0 = D

Category

Score

1. All Records Complete
2. Training Log Up To Date
3. Photos
4. Unique Designs
5. Overall Creativity

Incomplete

Average Score

Letter Grade

Comments

Grading Instructor _____

Date _____

태권도
침도관

태권도
침도관



Advanced Summary Page

USCDKA Membership Card Expires on what date: _____

My long-term goal in Taekwondo is: _____

During my training in the advanced stages, my favorite technique(s) were:

During my training in the advanced stages, an important lesson I learned was:

Total number of tournaments attended:

(If zero, please explain below)

Total number of demonstrations attended:

(If zero, please explain below)

Total number of seminars attended:

(If zero, please explain below)

Total number of instruction hours:

(If zero, please explain below)

Total number of contributions to my school

(If zero, please explain below)

Instructor's comments: _____



Black Belt Pre-Test

Date: _____ Location: _____

Review Board Members

Pre-Test BOARD FEEDBACK

Area	Strong Point	Weak Point	Comment	Name of Examiner
Techniques				
Basic Kicks				
Advanced Kicks				
Upper Body Strength				
Balance				
Focus				
Form				
Concentration				
Respect				
Appearance				
Shift Body Wt				
Power				
Poomse'				
One Steps				
Touch One Step				
Free Sparring				
Multiple Spar				
Self Defense				
Board Breaking				
Concrete Break				
Brick Break				
Oral Quiz				
Portfolio				



MY FIRST BOARD

Event _____
Date _____ Technique _____

AUTOGRAPHS

PHOTO



MY FIRST PROMOTION EXAM

Date: _____ Location: _____

Review Board Members

AUTOGRAPHS

PHOTOS

Some memories from my First Promotion Exam Are:



Tournaments

This page is to be used as an overflow if needed in any of the belt color pages

Date _____ Location _____
 Event _____ Person in charge _____
 Participation: Poomse Sparring Officiate Coach
 Did you place: Poomse 1st Place 2nd Place 3rd Place
 Sparring 1st Place 2nd Place 3rd Place
 Comments: _____

Date _____ Location _____
 Event _____ Person in charge _____
 Participation: Poomse Sparring Officiate Coach
 Did you place: Poomse 1st Place 2nd Place 3rd Place
 Sparring 1st Place 2nd Place 3rd Place
 Comments: _____

Date _____ Location _____
 Event _____ Person in charge _____
 Participation: Poomse Sparring Officiate Coach
 Did you place: Poomse 1st Place 2nd Place 3rd Place
 Sparring 1st Place 2nd Place 3rd Place
 Comments: _____

Date _____ Location _____
 Event _____ Person in charge _____
 Participation: Poomse Sparring Officiate Coach
 Did you place: Poomse 1st Place 2nd Place 3rd Place
 Sparring 1st Place 2nd Place 3rd Place
 Comments: _____

Date _____ Location _____
 Event _____ Person in charge _____
 Participation: Poomse Sparring Officiate Coach
 Did you place: Poomse 1st Place 2nd Place 3rd Place
 Sparring 1st Place 2nd Place 3rd Place
 Comments: _____



Demonstrations

This page is to be used as an overflow if needed in any of the belt color pages

Date	_____	Location	_____
Event	_____	Supervisor	_____
Summary	_____ _____ _____ _____ _____		

Date	_____	Location	_____
Event	_____	Supervisor	_____
Summary	_____ _____ _____ _____ _____		

Date	_____	Location	_____
Event	_____	Supervisor	_____
Summary	_____ _____ _____ _____ _____		

Date	_____	Location	_____
Event	_____	Supervisor	_____
Summary	_____ _____ _____ _____ _____		

Date	_____	Location	_____
Event	_____	Supervisor	_____
Summary	_____ _____ _____ _____ _____		



GUP BELT

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During my training as a _____ Gup, the things I enjoyed most were: _____

During my training as a _____ Gup the things I have found that I need to work on are: _____

My accomplishments during my training as a _____ Gup were: _____

I look forward to the following: _____

Contributions I have made to my school: _____

Awards & Recognition I have received during my training as a _____ Gup: _____

EVENT PARTICIPATION

DEMONSTRATION: Date: _____ Location: _____ Event Name: _____

TOURNAMENT: Date: _____ Location: _____ Event Name: _____

SEMINAR: Date: _____ Location: _____ Event Name: _____

PORTFOLIO CHECK

Grade Scale: 9.5 to 10 = A+ 8.5 to 9.0 = A 7.5 to 8.0 = B 6.5 to 7.0 = C 5.5 to 6.0 = D

Category

- All Records Complete
- Training Log Up To Date
- Photos
- Unique Designs
- Overall Creativity

Score

Incomplete

Average Score

Letter Grade

Comments

Grading Instructor _____

Date _____

AUTOGRAPHS

OF MY FELLOW MARTIAL ARTISTS !

EVENT: _____

DATE: _____

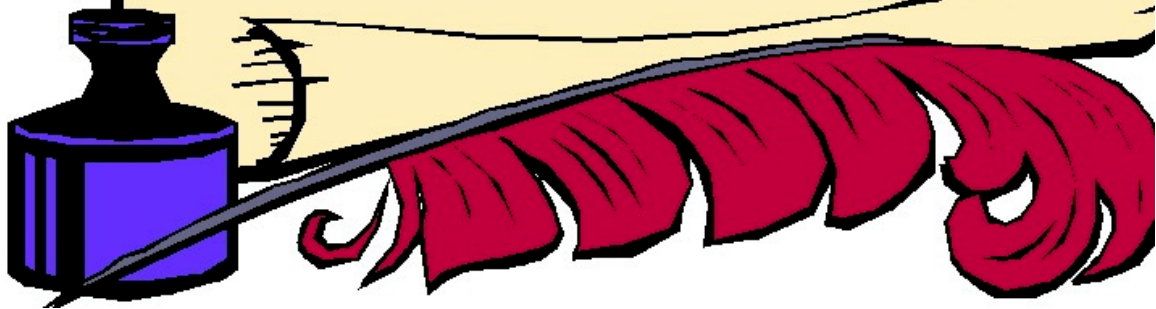




Photo Diary

Use the following pages for favorite photos during each belt rank.





Photo Diary
For
10th Gup White Belt



Photo Diary
For

9th Gup Yellow Belt



Photo Diary

For

8th Gup Gold Belt



Photo Diary

For

7th Gup Orange Belt



Photo Diary
For

6th Gup Green Belt



Photo Diary
For

5th Gup Purple Belt



Photo Diary

For

4th Gup Blue Belt



Photo Diary

For

3rd Gup Red Belt



Photo Diary
For

2nd Gup Brown Belt



Photo Diary
For

1st Gup Brown Belt



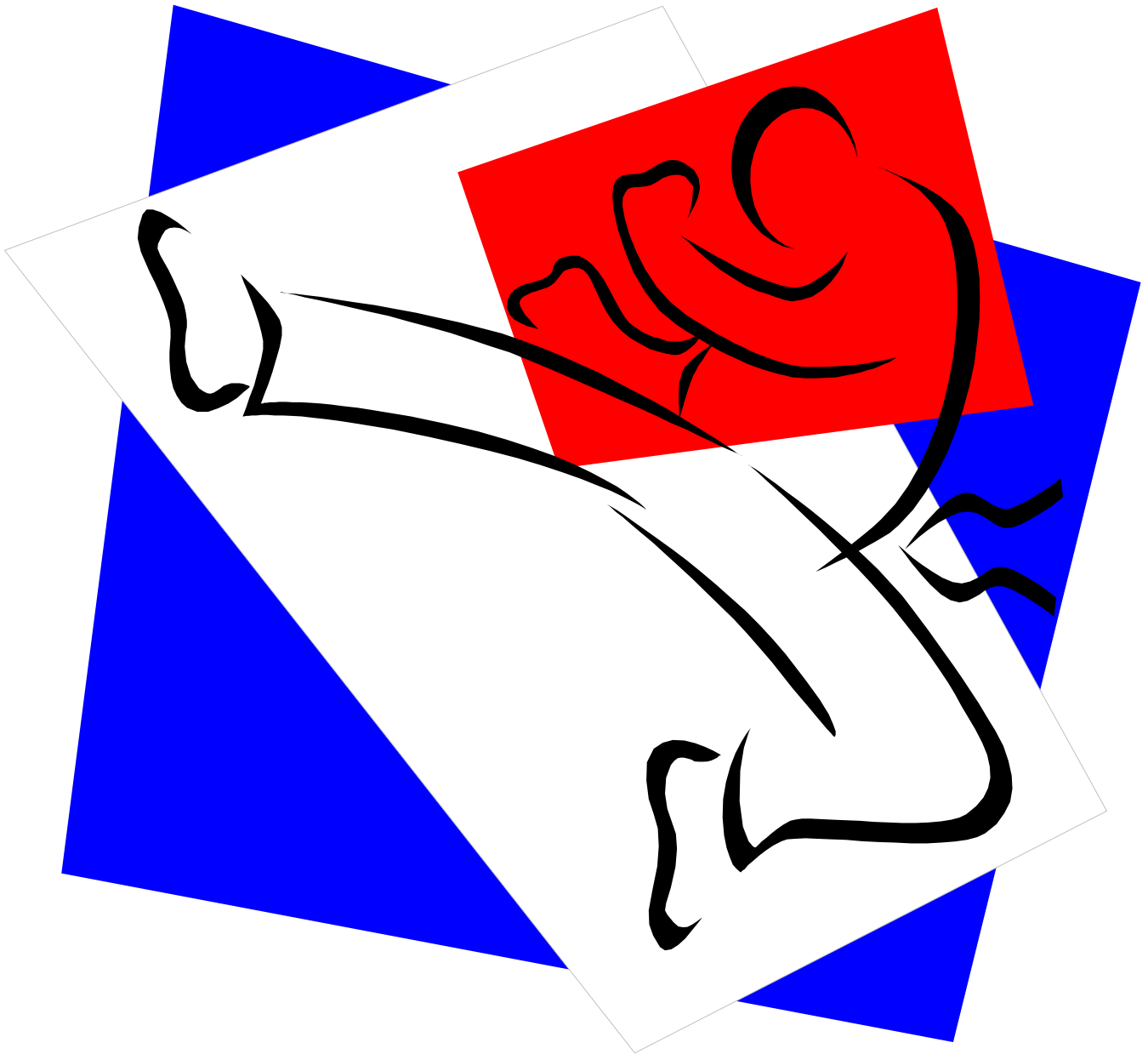
Photo Diary

For



Event Flyers & Brochures

Attach flyers and brochures behind this cover page.





Publications

Attach publications behind this cover page.

