

Black Belt Club



“Joining the Black Belt Club was the best thing I ever did for my martial arts training”

Dr. Deb Campbell

The Black Belt club membership entitles the student to participate in our advanced training program. This program is designed to help complete the journey to black belt. In addition, it offers extra training opportunities outside of the regular curriculum. Benefits include:

- Unlimited classes
- Black Belt Club monthly review classes for forms, sparring and self defense.
- Special seminars and guest teachers
- Discount to seminars, most are free
- Theme classes
- Membership in our leadership programs: DELTA, SWAT and STORM
- Tournament team membership
- Demonstration team membership
- Discount in the school store of 10%
- VIP access to our BBC special downloads, forum and video library.
- Black Belt notebook for members only
- Your Black Belt personally embroidered and placed on the wall. (waiting to be worn by you.)

See below for a list of past guest teachers and special classes. Most of them are very well known in the martial arts world and experts in their field. We are fortunate to have access to this caliber of instruction.



More importantly, joining the Black Belt club reflects your commitment to earning your black belt. Our acceptance of your application shows our commitment to helping you get there.

By green belt level, most students have been training more seriously and are ready to decide if they want to make the next step to earning their black belt. We ask for this commitment and require it before red belt promotion for one very important reason (by the way -advanced curriculum required to be promoted to red belt is only taught in Black Belt Club classes). Getting ready to take the Black Belt test takes time to train, and the level and intensity of training must increase at least a year before the test.

As a student, you need both time to prepare and the mental commitment to finish. As teachers, we need to have the opportunity to prepare and to challenge you. We take this commitment very seriously, and we will work very hard to make you the best Black Belt you can be. In order to do so, we need to work with you within various environments. You need to begin to be a role model for other students, accepting the responsibility of your rank by helping and by teaching others. We want you to learn advanced material outside the regular curriculum so that you may develop personal interests in the martial arts as well as increase your general knowledge of all types of martial arts. It is amazing how working with Kali sticks (a Philippine martial art) can help your sparring and forms.



Earning a Black Belt takes time, effort and perseverance. We ask you to apply for this program because it must be an endeavor you initiate. You are asking to be challenged, and with challenges come both obstacles and successes. Both are a necessary part of earning your Black Belt in the same way they are a part of the rest of your life outside of the Dojang.

Martial arts are merely a way of defining and redefining your character. The physical skills and the mental requirements equally create an awesome black belt; you cannot have one without the other. The Black Belt club curriculum will address both.

Please take a few minutes to review the outcomes and expectations for our black belts in the rest of this handout.



Earning a Black Belt represents a number of important traits. How important are these traits to you?

1. A Black Belt possesses high personal goals in school, with their friends, in all relationships, and in their job. They expect the same from those around them and seek to be with people of integrity.
2. Black belts have high levels of self confidence in their ability to follow through and get the job done despite obstacles. They walk the talk! The world is full of great starters; the Black Belt realizes that it is the completion of the final 10% of a project that separates the best from the rest.
3. Black belts have razor sharp focus and concentration skills.
4. Black belts communicate with confidence.
5. Black belts are secure in their ability to take care of themselves; however, they feel no need to brag or show off.
6. Black belts train in an atmosphere of respect and courtesy. They actively participate in creating this environment through their leadership in and outside of the dojang.
7. Black belts develop intense levels of self discipline and self control that aid them in all levels of achievement.
8. Black belts are healthy and coordinated people who value their physical, mental and spiritual well being. They are less likely to fall into abusive habits that might threaten their sense of wellness.
9. Black Belts are learners and life long students. They can never know enough or train hard enough. The Black Belt represents a commitment to being a serious student of both martial arts and life.
10. Black Belts are leaders. Leadership training is an important aspect of training in the martial arts. Therefore, they are also givers who share their time, experiences and knowledge with others. Self-centeredness is not acceptable. Service to others teaches that we can have anything in life as long as we help as many people as possible to achieve their goals.
11. Black belts have a commitment to truth in addition to all of the other tenets and codes of Tang Soo Do.



The Selection Process. QUEST MARTIAL ARTS

Once your application is complete, we will evaluate your written statement (including your goals), your conversations with your instructors, and your performance and attitude in class, at home and school/job.

We will measure these against your readiness to embark on a journey that will bring you in touch with the traits listed on the previous page.

- We will ask you the following questions:
- Are you willing to maintain good attendance?
- Are you interested in learning additional martial arts skills including weapons and techniques from other styles?
- Are you willing to overcome obstacles and distractions that may challenge your achievement or progress? Remember that nothing worth earning comes easy. Expect that detours and challenges will come your way.
- Are you willing to provide leadership and assistance to under ranks as you progress into your advanced training? You will find that teaching will be your best source of learning and understanding.
- Do you have the full support of your family in obtaining this goal?
- Do you possess a Black Belt attitude before you even have a Black Belt. Do you maintain high levels of expectations for yourself inside and outside of the dojang? You must represent yourself, your family and the school in a positive manner at all times.



- Are you willing to maintain excellent grades at school? (bring in your report card)
- Are you willing to physically train hard? This is important!

You will spend hours reviewing as well as learning new material. We will be there to guide you, but you must also want to be a part of the process.



Black Belt Club Application Checklist

1. Review all the BBC information and prepare any questions. If you are a child, go over the requirements and expectations with your parents.
 2. Make an appointment to discuss and to evaluate your readiness for the Black Belt club. Since it requires a commitment from the student and the school, we need to make sure we have a plan and a clear understanding of the partnership. Please be ready to evaluate the following: your martial arts performance in class both physical skills and attitude, your practice time at home, your school work, your attitude at home with your parents and family, and your character.
 3. After the appointment, please make sure you (and your parents) understand the commitment on all levels (Attitude, Time, Work Ethic and Financial)
 4. Construct a letter of intent to join the Black Belt club.. This is personal and should reflect your goals, interests, challenges and some statement about your commitment to earning a black belt. Here are few questions if you need an outline.
 - a. Why do I want to be in the Black Belt club? (leadership, Demo team, special classes, etc.)
 - b. What do I enjoy about martial arts? Where am I challenged?
 - c. What do martial arts do for my character and me?
 - d. What does achieving a Black Belt mean to me?
 - e. What kind of person receives a Black Belt– in your mind- and how/why is that your goal?
 5. Submit your letter to Master Bogdanski or Master Duethorn and we will discuss your application.
 6. You will either receive a letter of acceptance asking you to set an appointment with Master Duethorn. You will be asked to come for a meeting to discuss any obstacles to your acceptance. Sometimes we ask to see a short term goal achieved so that we can be sure of your commitment.
 7. Once accepted and your new membership agreement has been completed, you will receive your Black Belt club notebook, BBC member card and your personally embroidered belt will go up on our wall.
- Please feel free to ask us any questions anytime. This is a big commitment for both of us...and we want to make it a long lasting one.



List of past guest instructors and seminar topics

Grandmaster Song Ki Kim

Billy Blanks-Tae Bo, Tae Kwon Do, Tournament sparring

Bob Liedke- Aikido

Master Steven Voelker- Tang Soo Do

Wayne Mello-Shotokan and Sparring

Brian Johnson- National Grappling Champion

Nick Cerio-Kenpo

Don and Chris Rodriques-world Champion Sparring

Grandmaster Felix Vasques- Ninjitsu

Ali Aberigo-Ninjitsu

Chuck Merriman-Goju Ryu, World Renown Coach

David Meyer- Brazilian Jujitsu, First American to reach Black Belt under Machados

Gary Wilcox-Judo/Wrestling.

Garth Charland-Tang Soo Do School Owner, Competitor and Breaking Expert

Dave Sgro- Tang Soo Do Expert; gifted teacher

Alex Ottiano- Olympic Judo team member

Rob Gelinias- Kajukido

Bill Kipp- Self Defense Expert

Jeff Goldberg- Sparring expert

Joe Maffei –Jeet Kune Do

Lenny Stavrou-Boxing

Wali Islam-Sword

Steve Best-Jujitsu and cane fighting

Larry Gilliland- Tang Soo Do, Gold Medalist in Forms at World Championship

Eric Breur- Chuck Norris Black Belt and bodyguard

Master Chick Gavitt- Shorin Ryu Master

In the future- many more greats!

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