



RITA – 2020 Black Belt Grading Guidelines

Location: Blessington Taekwon-Do School (Fight Fit Dojo - 12 Woodleigh Ave, Santryhill, Blessington, Co. Wicklow, W91 PN80 – Opposite the fire station) ([Google Maps](#))

Date: 19th September 2020

Time: The grading will be scheduled ahead of time and you will be issued a time to arrive.

Each member will be given a 40 minute slot

20 Minutes to warm up and receive guidance from a Senior Member (Master), then 20 minutes for your grading.

What is included? Each student will have to perform their patterns, fundamental movements, power breaking and terminology. (Note, No 3,2 or 1 Step or free sparring will be performed this also includes Release from Grabs and Knife Attacks)

****For power breaking if re-breakable boards are been used they will be sanitized before each use. Assistants at the holder will wear a Face Shield & Gloves.****

You will grade 1 at a time, your instructor is the only member permitted into the Dojang. Including the examiners, assistants and student grading there will be a maximum of 10 in each examination area. (2 Rooms will be used, 1 downstairs and 1 Upstairs)

Depending on Numbers the examiners may change the format to have Upstairs for Patterns and fundamental moves and downstairs for power and terminology. Social distancing will be enforced at all times.

You will be asked to remain in your car until instructed to enter the Dojang. There will be black belts to assist with coordination. If weather permits you may stand outside your car to loosen up.

DO NOT ARRIVE ANYMORE THAT 20 MINUTES BEFORE YOUR ALLOCATED TIME



Recap of the Rules:

- Arrive no more than 20 minutes before your allocated time
- Wait in your car until instructed to enter the dojang
- Arrive in your dobok and bring the minimum amount of personal items into the dojang.
- Use Hand Sanitizer provided (or your own) as you enter the dojang.
- The floor will be marked to ensure social distancing is upheld.
- Only your instructor is permitted to attend your grading.
- When you are finished your grade you will have to leave the dojang.
- Results will be provided to your instructor.