



Black Belt Profile

Please complete and return the proforma below so that you can join our collection of 'Black Belt Profiles' on the Sutton Schools of Tae Kwon-Do website.

Black belts are an important role model for both current and potential TKD students. Please share your positive experiences of TKD so that others can learn and benefit from your knowledge. You may wish to give consideration to some of the following aspects:

- Training/ classes – fitness; flexibility; syllabus; group dynamics; family ethos
- Technical Gradings
- Tournaments
- Awards – e.g. Student of the Year; Best Progress/ Best Performer in Grading
- Demonstrations – e.g. Charity events - Sutton TKD Sparathon (2007); Erdington Carnival (2008);
The Deanery School Summer Fayre (2009); The Deanery School Fun Run (2010)
- Strategies for setting/ achieving your personal goals – e.g. learning Korean; patterns practice
- Coaching skills
- Referee Skills
- Previous experience of martial arts

If you would like any assistance in producing your profile, please just ask and we can work on it together in confidence.

Name

Current Grade & Date Achieved:

Training Club

TKD Achievements

Guidance Notes:

1. Type your commentary alongside the 5 categories noted above (150 words max) and email to Anna at suttontkd@tiscali.co.uk
2. Try and include dates where appropriate – e.g. Student of the Year (2010)
3. Please be aware that we need to take your photograph to sit alongside the profile and it will be made available for anyone to view via the internet
4. Please refer to our website for examples of wording for black belt profiles – www.suttontkd@tiscali.co.uk

Good luck and we look forward to reading your profile.

Richard Nutt (3rd Dan)

Anna Nutt (2nd Dan)