



# VAUGHN'S DOJANG ♦ VALLEY FORGE MARTIAL ARTS

## Cho Dan Bo Guidelines



Dear Student:

The rank of Cho Dan Bo (Black Belt candidate) represents maturity, respect, and honor. These are powerful words to live by. Now it is time to strengthen your mind and body as you prepare for your journey to the rank of Black Belt.

You are at a point in your training that requires the following commitments:

- **Attend at least 2 Cho Dan Bo classes per month**  
This class is conducted at the Audubon studio every Saturday from 10:00 to 11:15 AM. The charge for this class is \$10 if you are not a member of the Audubon studio.
- **Pass all maintenance tests**
- **Request a mentor**
- **Attend at least one Black Belt camp prior to testing for Black Belt (Cho Dan)**
- **Join the Vaughn's Dojang (VFMA) studio located in Audubon at least 6 months prior to your Black Belt test**
- **Assist a Black Belt Instructor in teaching at least 1 day per week**  
You are responsible for tracking your hours and must submit your hours when you turn in your Black Belt testing material
- **Get involved in Association and Dojang activities**  
These include tournaments, community service projects, Demo Team, clean-up at the studio, assisting at Dojang events, etc.
- **Read the [Cho Dan Bo Expectations](#) document for additional details**  
This is on the Vaughn's Dojang website under Resources > Downloads > Cho Dan Bo and Black Belt Test Preparation

The journey to Black Belt is not an easy task, but it is truly a rewarding life experience that you will hold close to your heart for the rest of your life.

Please sign and date this document within one week of receiving it. Your signature will attest your commitment to our art of Tang Soo Do, to Master Vaughn, to your instructors, to your fellow students, and to **yourself**.

Tang Soo,

Master Altieri, #026552

Please read the message from Master Vaughn on the next page.

Message from Master Vaughn to Black Belt candidates:

It is important to understand that the decision for you to be invited to test for Black Belt at Vaughn's is not yours. It is a responsibility of the test committee and me to evaluate our candidates. Our studio has upheld a reputation, amongst other schools and masters, as a dojang that produces high quality Black Belts. You will not be invited to attend this prestigious event unless you are judged to be ready to do your best. It is our commitment to excellence and our concern that you receive the whole experience. That experience will be a high point in the rest of your life if you really earn it.

Keep in mind that this portion of your journey is most important in your martial art education. The fourteen attitude requirements are a guide to the mental state you need to achieve to excel during your test. Remember, you are being watched very closely by me and all of the Black Belts in the Dojang. How you conduct yourself in and out of class represents your perception of what a Black Belt should be. Grandmaster Shin used to say, "*It is hard to define all that goes into being a good Black Belt, but when I see one, I can recognize it.*" [My paraphrase]

Tang Soo, and good luck,

Master Vaughn  
Chil Dan # 018923

Your Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_