

Training and Belt Testing Requirements

1st DAN BLACK BELT

(1 ½ Years and 110 or more classes)

FORM: Koryo, Taegeuk 7 & 8 Jang
Knowledge of ALL Lower Ranking Forms

10 Basic Techniques (with Korean Terminology)

1. Low Block	Ah Rae Mocgi
2. Middle Punch	Moom Tong Jurugi
3. High Block	All Gool Mocgi
4. High Punch	All Gool Jurugi
5. Side Block	Yup Mocgi
6. Side Punch (Turn Around, Ki-ap)	Moom Tong Yup Jirgi (Dweero Torah)
7. Front Kick	Ap Chagi
8. Side Kick	Yup Chagi
9. Back Kick	Dweet Chagi
10. Round House Kick (Turn Around, Ki-ap, Fighting Position)	Dol Yeo Chagi (Dweero Torah)

BASIC TECHNIQUES:

HANDS	KICKS
Arc Hand Strike to the Neck	Running Jump Back Kick
	Jump Double Foot Side Kick
	Knee Break Strike

SELF-DEFENSE	SPARRING	BREAKING TECHNIQUE
Rear Bear Hug	Olympic Sparring	Downward Knife Hand (Holding with other hand)
Side Head Lock		Jump Spin Whip Kick
Full Nelson		Tornado Kick
Rear Choke Hold		Jump Off Round House Kick

CONDITIONING REQUIREMENTS:

EXERCISE	12yrs and Under	13yrs and Older	+35yrs
Push-ups	M40/W30	M50/W30	M40/W20
Sit-ups	M40/W30	M50/W30	M40/W20
Squats	M40/W30	M50/W30	M40/W20
Stretch Kicks	60	100	60
Round House Kick	60	100	60

ESSAY: What does your Black Belt mean to you?
 (Must be at least one full typed page)

Training and Belt Testing Requirements

2nd DAN BLACK BELT

(2 Years and 140 or more classes)

**Students 13 years and Up Must Assist One Class per week

FORM: Kumgang, Koryo, & Taegeuk 7 & 8 Jang

Knowledge of ALL Lower Ranking Forms

BASIC TECHNIQUES:

BLOCKS	Strikes
Inside Knife Hand Block	Jab, Cross, Outside knee kick
Mountain Block	Jab, Cross, Inside knee kick
High & Low Block in Crane Stance	Jab, Cross, Jab, Spinning Back Fist

Judo	Ground	BREAKING TECHNIQUE
Outside Leg Sweep	Arm Bar	Palm Strike, Fast Side Kick, Jump Front Kick (Ball)
Inside Leg Sweep	Ankle Lock	Uppercut With Elbow, Fast Whip Kick, Jump Round House Kick (Ball)
Under Arm Throw	Rear Neck Choke	Spin Around Elbow, Step-in Back Kick Kick, Step-in Spin Whip Kick
Head Lock Throw	Triangle Choice	Spin Around Back Fist, Step-in Tornado Kick, 3x Spin Whip Kick

REFEREE
Demonstrate All Skills

CONDITIONING REQUIREMENTS:

EXERCISE	12yrs and Under	13yrs and Older	+45yrs
Push-ups	M40/W30	M50/W30	M40/W20
Sit-ups	M40/W30	M50/W30	M40/W20
Squats	M40/W30	M50/W30	M40/W20
Stretch Kicks	60	100	60
Round House Kick	60	100	60

ESSAY: How did Taekwondo change you as person? (Must be at least one full typed page)

3rd DAN BLACK BELT

(3 Years and 200 or more classes)

**Students 13 years and Up Must Assist One Class per week

FORM: TaeBaek, Kumgang, Koryo, & Taegeuk 1 - 8 Jang

Knowledge of ALL Lower Ranking Forms

BASIC TECHNIQUES:

Front Fall	Back Fall	Cat Roll, Turn, and Fighting Stance
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SELF – DEFENSE:

SELF-DEFENSE
Rear Bear Hug
Side Head Lock
Full Nelson
Rear Choke Hold

BREAKING TECHNIQUES:

Hand	Kick
Cross Inward Knife Hand	Front Kick (Ball)
Ridge Hand	Roundhouse Kick (Ball)
Back Fist	Fast Side Kick
Fist Punch	Back Kick
	Spin Whip Kick

CONDITIONING REQUIREMENTS:

EXERCISE	12yrs and Under	13yrs and Older	+45yrs
Push-ups	M40/W30	M50/W30	M40/W20
Sit-ups	M40/W30	M50/W30	M40/W20
Squats	M40/W30	M50/W30	M40/W20
Stretch Kicks	60	100	60
Round House Kick	60	100	60

ESSAY: Tae Kwon Do Master to a Life Master. (Must be at least two full typed page)

Be Humble

Be Kind

Be Thankful