

## **Black Belt Requirements**

Testing for your black belt is the equivalent of graduating high school. Is your training over? Do you know all that there is to know? The answer to both of these questions is No. All training before black belt is preparation for more serious study afterwards. Perfection of technique can take a very long time, especially in today's fast paced society. This constant training will help to slow life down and give you a consistent form of exercise and self perfection. It will be challenging, more challenging than any training or study thus far. The peaks will be higher and harder to climb and the valleys larger and longer. Always remember that true mastery over technique and or oneself, can take a lifetime.

The average time it takes to receive a black belt is about four years. After first dan black belt there is a minimum of two years of training for second dan. Then there is a minimum of three years for third dan and so on. These minimums will apply to most students who come to class one to three times a week. Your master can shorten these minimums if he or she feels a student is ready.

The requirements for testing may seem like a mystery to some of you, as much research must be done to understand what you will demonstrate at testing. Don't let this scare you as your instructors and masters will be there to help guide you. Some of the requirements/expectations will be given to you as before during your time as a gup (color) belt. Be patient and consistent in your studies and your hard work will pay off!

“I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.” ~Bruce Lee

### **1<sup>st</sup> Dan Black Belt**

Basics: All stances, punches, strikes and kicks to your level. (English and Korean)

Poomse: Kicho, TaeGeuk 1 – 8, Koryo. (Children's requirement may be different from this.)

Creative Poomse: Open hand form completed.

HoSinSul: Minimum of four techniques vs Joong bong (short stick/club).

Sparring: 1v1 leg and body only. One round of 2v1.

Breaking Techniques: Creative. (One upper body technique and one lower body technique.)

Power Breaking: One brick. Palm strike/hammer fist or stomp.

Weapon: Jang Bong-sul (long stick techniques).

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: “My Journey to Black Belt” Handed in as a prerequisite.

### **1<sup>st</sup> Dan 1<sup>st</sup> Refresher**

Basics: All stances, punches, strikes and kicks to your level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo and Keumgang.

Creative Poomse: Jang bong (with or without music).

HoSinSul: 1-12 (one side).

Sparring: 1v1 & 2v1 (Leg, body and head. Head is only allowed for 18 years of age and older)

Breaking Techniques: Chickens wrist or twist kick.

Weapon: Jang Bong (long stick).

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: “What does it mean to be a black belt.” Handed in as a prerequisite.

### **1<sup>st</sup> Dan 2<sup>nd</sup> Refresher**

Basics: All stances, punches, strikes and kicks to your level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo and Keumgang. Optional: PalGwe poomse.

Creative Poomse: Jang bong (with or without music).

HoSinSul: 13-24 (one side).

Sparring: 1v1 & 2v1 (Leg, body and head. Head is only allowed for 18 years of age and older)

Breaking Techniques: Double chickens wrist or split front kick.

Weapon: Joong bong (short stick).

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: “Instructor Duties.” Handed in as a prerequisite.

### **1<sup>st</sup> Dan 3<sup>rd</sup> Refresher**

Basics: All stances, punches, strikes and kicks to your level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo and Keumgang. Optional: PalGwe poomse.

Creative Poomse: Jang bong (with or without music).

HoSinSul: Choice of three techniques from 1-24 performed on both sides.

Sparring: 1v1 & 2v1 (Leg, body and head. Head is only allowed for 18 years of age and older)

Breaking Techniques: Reverse punch into thrusting elbow strike or double round house kick.

Weapon: Joong bong (short stick).

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: “Why is hierarchy important?” Handed in as a prerequisite.

## **2<sup>nd</sup> Dan Black Belt**

Basics: All stances, punches, strikes and kicks to your level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo and TaeBaek.

Optional Poomse: PalGwe poomse & Original Koryo.

Creative Poomse: Jang bong (with or without music).

HoSinSul: Creative vs knife. Minimum of four techniques.

Sparring: 1v1 & 2v1 (Leg, body and head. Head is only allowed for 18 years of age and older)

Breaking Techniques: Creative. (One upper body technique and one lower body technique.)

Power Breaking: Two bricks. Palm strike/hammer fist or stomp.

Weapon: Joong bong (short stick).

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: “Loyalty.” Handed in as a prerequisite.

## **2<sup>nd</sup> Dan 1<sup>st</sup> Refresher**

Basics: All stances, punches, strikes and kicks to your level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo, Keumgang and TaeBaek.

Optional Poomse: PalGwe poomse & Original Koryo.

Creative Poomse: Joong bong (with or without music).

HoSinSul: 25-36 (one side).

Sparring: 1v1 & 2v1 (Leg, body and head. Head is only allowed for 18 years of age and older)

Weapon Sparring: 1v1 Jang Bong.

Breaking Techniques: Double elbows (same time) or 360 outside-in crescent kick.

Weapon: Bong (stick) weapon or Geum/Yedo (sword/single edged sword) with Master's permission.

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: “The importance of goal setting.” Handed in as a prerequisite.

## **2<sup>nd</sup> Dan 2<sup>nd</sup> Refresher**

Basics: All stances, punches, strikes and kicks to your level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo, Keumgang and TaeBaek.

Optional Poomse: PalGwe poomse & Original Koryo.

Creative Poomse: Joong bong (with or without music).

HoSinSul: 37-48 (one side).

Sparring: 1v1 & 2v1 (Leg, body and head. Head is only allowed for 18 years of age and older)

Weapon Sparring: 1v1 Jang Bong.

Breaking Techniques: Elbow, turning elbow combination or jumping turning inside-out crescent kick.

Weapon: Bong (stick) weapon or Geum/Yedo (sword/single edged sword) with Master's permission.

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: “The importance of challenging yourself.” Handed in as a prerequisite.

### **2<sup>nd</sup> Dan 3<sup>rd</sup> Refresher**

Basics: All stances, punches, strikes and kicks to your level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo, Keumgang and TaeBaek.

Optional Poomse: PalGwe poomse & Original Koryo.

Creative Poomse: Joong bong (with or without music).

HoSinSul: Six techniques chosen from 1-48 performed on both sides.

Sparring: 1v1 & 2v1 (Leg, body and head. Head is only allowed for 18 years of age and older)

Weapon Sparring: 1v1 Jang Bong.

Breaking Techniques: Front snap kick, 360 back kick combo or jab, speed turning back fist combo.

Weapon: Cha-ru bong (handle stick) or Sahng-jul bong (flail stick, aka nunchucku).

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: “The importance of failing or loosing.” Handed in as a prerequisite.

### **3<sup>rd</sup> Dan Black Belt**

Basics: All stances, punches, strikes and kicks to your level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo, Keumgang and TaeBaek.

Optional Poomse: PalGwe poomse & Original Koryo.

Creative Poomse: Joong bong (with or without music).

HoSinSul: Creative in a skit format.

Sparring: 1v1 & 2v1 (Leg, body and head. Head is only allowed for 18 years of age and older)

Weapon Sparring: 1v1 Jang Bong.

Breaking Techniques: Creative. (One upper body technique and one lower body technique.)

Power breaking: Three bricks. Palm strike/hammer fist or stomp.

Weapon: Cha-ru bong (handle stick) or Sahng-jul bong (flail stick, aka nunchucku).

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: “What makes a good leader?” Handed in as a prerequisite.

### **3<sup>rd</sup> Dan 1<sup>st</sup> Refresher**

Basics: All stances, punches, strikes and kicks to your level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo, Keumgang, TaeBaek and Pyong-won.

Optional Poomse: PalGwe poomse & Original Koryo.

Creative Poomse: Cha-ru bong or sahnng-jul bong (with or without music.)

HoSinSul: 49-52 (one side) plus four creative (2 vs club & 2 vs knife).

Sparring: 1v1, 3v1 & 3v3 (optional).

Weapon Sparring: Jang bong & joong bong.

Breaking Techniques: Any upper or lower body technique to two free standing boards (speed).

Weapon: Geom (sword). Two handed, single hand with or with out Deung-pae (shield).

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: “Inspiration.” Handed in as a prerequisite.

### **3<sup>rd</sup> Dan 2<sup>nd</sup> Refresher**

Basics: All stances, punches, strikes and kicks to your level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo, Keumgang, TaeBaek and Pyong-won.

Optional Poomse: PalGwe poomse & Original Koryo.

Creative Poomse: Cha-ru bong or sahn-gjul bong (with or without music.)

HoSinSul: Four creative techniques for defense while sitting down.

Sparring: 1v1, 3v1 & 3v3 (optional).

Weapon Sparring: Jang bong & joong bong.

Breaking Techniques: Creative. Three regular stations. (No speed style or power style.)

Weapon: Geom (sword). Two handed, single hand with or without Deung-pae (shield).

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: "Motivation." Handed in as a prerequisite.

### **3<sup>rd</sup> Dan 3<sup>rd</sup> Refresher**

Basics: All stances, punches, strikes and kicks to your level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo, Keumgang, TaeBaek and Pyong-won.

Optional Poomse: PalGwe poomse & Original Koryo.

Creative Poomse: Cha-ru bong or sahn-gjul bong (with or without music.)

HoSinSul: Creative. Two techniques vs being pinned to wall and two vs being pinned down on floor.

Sparring: 1v1, 3v1 & 3v3 (optional).

Weapon Sparring: Jang bong & joong bong (1v1 & 2v1).

Breaking Techniques: Creative. Three stations. (One speed, one regular and one power.)

Weapon: Geom (sword). Two handed, single hand with or without Deung-pae (shield).

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet.

Essay: "Dedication." Handed in as a prerequisite.

### **4<sup>th</sup> Dan Black Belt**

Basics: All stances, punches, strikes and kicks to your level.

Poomse: Kicho, TaeGeuk 1 – 8, Koryo, Keumgang, TaeBaek and Pyong-won.

Optional Poomse: PalGwe poomse & Original Koryo.

Creative Poomse: Cha-ru bong or sahn-gjul bong (with or without music.)

HoSinSul: Creative skit style using at least one sitting, one laying down and one pinned to wall techniques. Total of six techniques.

Sparring: 1v1, 4v1 & 3v3 (optional).

Weapon Sparring: Jang bong & joong bong (1v1 & 2v1). Geom 1v1.

Breaking Techniques: Creative. Four stations (must include one speed break with free standing brick).

Power Breaking: Four bricks. Palm strike/hammer fist or stomp.

Weapon: Geom (sword). Two handed, single hand with or without Deung-pae (shield).

Calisthenics: In one minute: Push up = 30+, Sit up = 30+, Squats = 30+. Plank = 1.20 minutes.

Terminology & Knowledge: See Dan Terminology & Knowledge Sheet. Essay: "Honor." Handed in as a prerequisite.