



# 1ST DAN BLACK BELT

## TAEKWON-DO REQUIREMENTS

1ST DAN (BLACK BELT) test for 2ND DAN (BLACK BELT)



Name: (Please print First and Last)	Signature:	Age:
I hereby request to be tested for a higher rank and agree that the examiner shall be the only persons who are qualified to place me on the basis of my technique, knowledge of the art and attitude.		Date of completion:

### ATTENDANCE

Attend a minimum of 125 classes.

Students must complete a minimum of 18 months of active training as a 1st Dan and 125 classes.

ENTER DATE OF PREVIOUS TEST HERE

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SIGNATURE	124: DATE _____	SIGNATURE	125: DATE _____	SIGNATURE	126: DATE _____

In addition to the above classes, the student must be able to demonstrate the following items with precision, balance and power. (Each section and attendance must be signed by an assistant instructor or instructor where appropriate.)

## CITIZENSHIP (Social & Academic)

On going demonstration of good discipline:

COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT

**At home, school, and public** (Including grade point average)

<input type="checkbox"/> <b>COMPLETE</b>  _____ DATE:	Parent's Name: (If the student is under the age of 18):
	Parent's Signature:

**In Studio**

<input type="checkbox"/> <b>COMPLETE</b>  _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## STANCES

- Open Ready Stance with Heaven Hand
- X-Stance – stepping motion
- One-Leg Stance

<input type="checkbox"/> <b>COMPLETE</b>  DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## PATTERN

- Kwang-Gae
- Po-Eun
- Ge-Baek

<input type="checkbox"/> <b>COMPLETE</b>  DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## CONDITIONING

- Partner Dodge Standing Push-ups (10)
- Partner Sit-up/Push-up (10)
- Partner Sit-up/Stand-up (10)
- Partner Push-ups (10)
- Partner Wheel Barrel Reach Push-ups (10)
- Partner Sand bag carry (20 feet)
- Slow Kicks (All standing kicks up to and including 1st Gup)
- Stretching - Side & Front Splits, Feet together

<input type="checkbox"/> <b>COMPLETE</b>  DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## MODEL SPARRING

- The purpose of this sparring is to show the agility, skill and control of the individual testing. Techniques are normally accomplished with repetition of the same movement in slow motion. It is to be carried out against one (1) opponent. Each defense or attack is to consist of kicking and hand techniques taught up to and including this rank.

<input type="checkbox"/> <b>COMPLETE</b>  DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## HAND TECHNIQUES

- Walking Stance Upset Punch
- Rear Foot Stance High Knife-Hand Guarding Block
- Walking Stance Palm Upward Block
- Close Stance Low Knife-Hand Front Block
- Close Stance Side Fist Downward Strike
- Walking Stance Reverse Outer Forearm Low Block
- Sitting Stance Angle Punch
- Sitting Stance Fore-Fist Pressing Block
- Sitting Stance Middle Inner Forearm Wedging Block
- Sitting Stance Back Elbow Thrust
- Sitting Stance Horizontal Punch
- X-Stance Low Outer Forearm Front Block
- L-Stance U-Shape Grasp
- Close Stance Twin Elbow Horizontal Thrust
- Sitting Stance High Back Fist Side Back Strike
- Sitting St. Low Reverse Knife-Hand Guarding Block
- Walking Stance Double Arc-Hand Block
- Sitting Stance Scooping Block
- Sitting Stance Back Fist Front Strike
- Sitting Stance 9-Shape Block
- L-Stance Middle Middle Knuckle Fist Punch
- X-Stance High Double Forearm Block
- Low Stance High Obverse Flat Fingertip Thrust
- Low Stance High Reverse Flat Fingertip Thrust
- Sitting Stance Low Knife-Hand Guarding Block

<input type="checkbox"/> <b>COMPLETE</b>  DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## KICKING

- Flying Twin Foot Side Piercing kick - 1 & 2 targets
- Flying Twin Foot Turning kick - 1 & 2 targets
- Flying Twin Foot High kick - 2 targets
- Flying Twin Foot Twist kick - 2 targets
- Mid-air 360° Back Piercing kick
- Mid-air 360° Reverse Hook kick
- Flying Downward kick
- Pick Shaped kick
- Flying Double kicks
- Flying Consecutive kicks (2)
- Flying Combination kicks (2)
- Mid-Air Double kicks

<input type="checkbox"/> <b>COMPLETE</b>  DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## BREAKING

Women & Juniors (Juniors age 13 to 17)

- ☐ 1 Board : 2 Targets Flying Twin foot High kick
- ☐ 1/2 Suspended Board any standing kick
- ☐ 2 Boards Turning kick
- ☐ 2 Boards Mid-Air or Flying kick
- ☐ 2 Tile Downward Knifehand strike

Men (Ages 18 and above)

- ☐ 1 Board : 2 Targets Flying Twin foot High kick
- ☐ 1 Suspended Board any standing kick
- ☐ 3 Boards Turning kick
- ☐ 3 Boards Mid-Air or Flying kick
- ☐ 3 Tile Downward Knifehand strike

<input type="checkbox"/> <b>COMPLETE</b> _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## SELF-DEFENSE (Ho Sin Sul)

- ☐ Self-defense routine against two (2) opponents. No more than two minutes in length, and demonstrate defense against multiple attacks.
- ☐ One-Arm Shoulder Throw
- ☐ Two-Arm Shoulder Throw

<input type="checkbox"/> <b>COMPLETE</b> _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## SPARRING COMBOS

- ☐ Combo. #44 Opponent: Rear leg Downward Kick  
Counter: Lean back / Rear leg low Side Turning Kick
- ☐ Combo. #45 Opponent: Rear leg Downward Kick  
Counter: Reverse Hook Kick
- ☐ Combo. #46 Opponent: Rear leg Downward Kick  
Counter: Back Piercing Kick
- ☐ Combo. #47 Opponent: Back Piercing Kick  
Counter: Lead leg step back / Rear low Turning Kick
- ☐ Combo. #48 Opponent: Back Fist  
Counter: High Block / Reverse Punch
- ☐ Combo. #49 Opponent: Back Fist  
Counter: Block / Rev. Punch / Lead high Turning Kick
- ☐ Combo. #50 Opponent: Running forward Punching  
Counter: Lead leg Side Piercing Kick  
or Back Piercing Kick  
or Jumping side ways double punch

<input type="checkbox"/> <b>COMPLETE</b> _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## REQUIRED KNOWLEDGE

- ☐ Kwang-Gae pattern Interpretation
- ☐ Po-Eun pattern Interpretation
- ☐ Gae-Baek pattern Interpretation
- ☐ 6 Types of Sparring
- ☐ 9 parts or guidelines of philosophy in Martial Arts
- ☐ Five page Thesis on Martial Arts or Taekwon-Do
- ☐ Compete in at least (1) Tournament

<input type="checkbox"/> <b>COMPLETE</b> _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## TOURNAMENT JUDGE

Participate as a Judge in at least (2) tournaments

- 1 Date: \_\_\_\_\_ Location: \_\_\_\_\_  
☐ Patterns ☐ Sparring ☐ Breaking
- 2 Date: \_\_\_\_\_ Location: \_\_\_\_\_  
☐ Patterns ☐ Sparring ☐ Breaking

<input type="checkbox"/> <b>COMPLETE</b> _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## SEMINARS

Minimum of 4 attendance credits to specialty seminars

- 1 Date: \_\_\_\_\_ Location & Instructor: \_\_\_\_\_
- 2 Date: \_\_\_\_\_ Location & Instructor: \_\_\_\_\_
- 3 Date: \_\_\_\_\_ Location & Instructor: \_\_\_\_\_
- 4 Date: \_\_\_\_\_ Location & Instructor: \_\_\_\_\_

<input type="checkbox"/> <b>COMPLETE</b> _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

# ASSISTANT INSTRUCTOR

Attend a minimum of 40 classes as an assistant instructor model to lower belts students.

<input type="checkbox"/> Class 1	DATE: ____ / ____ / ____
<input type="checkbox"/> Class 2	DATE: ____ / ____ / ____
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<input type="checkbox"/> Class 39	DATE: ____ / ____ / ____
<input type="checkbox"/> Class 40	DATE: ____ / ____ / ____

<input type="checkbox"/> <b>COMPLETE</b>	Examiner's Name (Print Name):
_____ DATE:	Examiner's Signature:

## TRAINING REQUIREMENTS & PROBATIONARY PERIOD

Students must complete a minimum of 6 consecutive months of active training as a 2nd Dan Black Belt for probationary period to receive certification from the ITF (International Taekwon-Do Federation) and must be of the age of 14 years old, an exception requires special written permission from the ITF for approval. Active training is considered participating in an average of six formal classes per month.