

# BLACK STRIPE

## TAEKWON-DO REQUIREMENTS

1ST GUP (DOUBLE BLACK STRIPE) test for 1ST 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 64 Advanced level classes.

<input type="checkbox"/> 1: DATE _____	<input type="checkbox"/> 17: DATE _____	<input type="checkbox"/> 33: DATE _____	<input type="checkbox"/> 49: DATE _____
<input type="checkbox"/> 2: DATE _____	<input type="checkbox"/> 18: DATE _____	<input type="checkbox"/> 34: DATE _____	<input type="checkbox"/> 50: DATE _____
<input type="checkbox"/> 3: DATE _____	<input type="checkbox"/> 19: DATE _____	<input type="checkbox"/> 35: DATE _____	<input type="checkbox"/> 51: DATE _____
<input type="checkbox"/> 4: DATE _____	<input type="checkbox"/> 20: DATE _____	<input type="checkbox"/> 36: DATE _____	<input type="checkbox"/> 52: DATE _____
<input type="checkbox"/> 5: DATE _____	<input type="checkbox"/> 21: DATE _____	<input type="checkbox"/> 37: DATE _____	<input type="checkbox"/> 53: DATE _____
<input type="checkbox"/> 6: DATE _____	<input type="checkbox"/> 22: DATE _____	<input type="checkbox"/> 38: DATE _____	<input type="checkbox"/> 54: DATE _____
<input type="checkbox"/> 7: DATE _____	<input type="checkbox"/> 23: DATE _____	<input type="checkbox"/> 39: DATE _____	<input type="checkbox"/> 55: DATE _____
<input type="checkbox"/> 8: DATE _____	<input type="checkbox"/> 24: DATE _____	<input type="checkbox"/> 40: DATE _____	<input type="checkbox"/> 56: DATE _____
<input type="checkbox"/> 9: DATE _____	<input type="checkbox"/> 25: DATE _____	<input type="checkbox"/> 41: DATE _____	<input type="checkbox"/> 57: DATE _____
<input type="checkbox"/> 10: DATE _____	<input type="checkbox"/> 26: DATE _____	<input type="checkbox"/> 42: DATE _____	<input type="checkbox"/> 58: DATE _____
<input type="checkbox"/> 11: DATE _____	<input type="checkbox"/> 27: DATE _____	<input type="checkbox"/> 43: DATE _____	<input type="checkbox"/> 59: DATE _____
<input type="checkbox"/> 12: DATE _____	<input type="checkbox"/> 28: DATE _____	<input type="checkbox"/> 44: DATE _____	<input type="checkbox"/> 60: DATE _____
<input type="checkbox"/> 13: DATE _____	<input type="checkbox"/> 29: DATE _____	<input type="checkbox"/> 45: DATE _____	<input type="checkbox"/> 61: DATE _____
<input type="checkbox"/> 14: DATE _____	<input type="checkbox"/> 30: DATE _____	<input type="checkbox"/> 46: DATE _____	<input type="checkbox"/> 62: DATE _____
<input type="checkbox"/> 15: DATE _____	<input type="checkbox"/> 31: DATE _____	<input type="checkbox"/> 47: DATE _____	<input type="checkbox"/> 63: DATE _____
<input type="checkbox"/> 16: DATE _____	<input type="checkbox"/> 32: DATE _____	<input type="checkbox"/> 48: DATE _____	<input type="checkbox"/> 64: 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"/> COMPLETE	Parent's Name: (If the student is under the age of 18):
_____	Parent's Signature:
DATE:	

In Studio

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

## ► **CONDITIONING**

- Flip-up
- Flip break fall
- Handstand Push-up (3)
- Pull-ups (3)
- Run 1 mile
- Stretching - Side & Front Splits, Feet together

### MEASUREMENTS

Side Splits: \_\_\_\_\_ Feet together: \_\_\_\_\_

Front Splits Right: \_\_\_\_\_ Front Splits Left: \_\_\_\_\_

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

## ► **PATTERN**

- All patterns up to and including Choong-Moo
  - ITF Pattern 1 - Chon-Ji
  - ITF Pattern 2 - Dan-Gun
  - ITF Pattern 3 - Do-San
  - ITF Pattern 4 - Won-Hyo
  - ITF Pattern 5 - Yul-Gok
  - ITF Pattern 6 - Joong-Gun
  - ITF Pattern 7 - Toi-Gye
  - ITF Pattern 8 - Hwa-Rang
  - ITF Pattern 9 - Choong-Moo

<input type="checkbox"/> <b>COMPLETE</b>  _____ DATE:	Examiner's Name (Print Name):
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## ► **SEMI-FREE SPARRING**

- Advanced semi-free sparring

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

Children (Ages 13 and under)

- 1/2 Board Flying Twin foot front snap kick
- 2 Board Side Piercing kick
- 1 Concrete Tile Downward Side fist strike

Women & Juniors (Juniors age 13 to 17)

- 1/2 Board Flying Twin foot front snap kick
- 1 Concrete Tile Side Piercing kick
- 1 Concrete Tile Downward Side fist strike

Men (Ages 18 and above)

- 1 Board Flying Twin foot front snap kick
- 1 Concrete Tile Side Piercing kick
- 1 Concrete Tile Downward Knifehand strike

<input type="checkbox"/> <b>COMPLETE</b>  _____ DATE:	Examiner's Name (Print Name):
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## ► **SELF-DEFENSE (Ho Sin Sul)**

- Self-Defense (Attacking sequence #1)  
Opponent attacking: Continuous Punching
- Self-Defense (Attacking sequence #2)  
Opponent attacking: Continuous Kicking
- Self-Defense (Attacking sequence #3)  
Opponent attacking: Pushing & Tackling
- Double Leg Take Down
- Fireman Throw
- Backwards Throw (Sacrifice)

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

## ▶ SELF-DEFENSE (Ho Sin Sul)

### ○ Pre-Arranged Self Defense

Ten Techniques against one opponent (Time limit: 2 minutes)

1. Punch
2. Straight Grab to wrist
3. Front Snap kick
4. Grab from behind
5. Turning Kick
6. Choke from behind
7. Back Piercing kick
8. Head Lock
9. Twin Lapel Grab
10. Bear Hug

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

- **Combo. #33** Opponent: Lead leg Side Piercing Kick  
Counter: Step to side rear leg low Side Turing Kick
- **Combo. #34** Opponent: Lead leg Side Piercing Kick  
Counter: Step to side lead leg high Hook Kick
- **Combo. #35** Opponent: Lead leg skip Side Piercing Kick  
Counter: Slide back / Slide forward with Back Fist
- **Combo. #36** Opponent: Lead leg skip Side Piercing Kick  
Counter: Slide back / Slide forward with Reverse Punch
- **Combo. #37** Opponent: Back Piercing Kick  
Counter: Step rear leg side ways Reverse Punch
- **Combo. #38** Opponent: Back Piercing Kick  
Counter: Step rear leg side / Rear low Turning Kick
- **Combo. #39** Opponent: Back Piercing Kick  
Counter: Step rear leg side / Back Kick
- **Combo. #40** Opponent: Back Piercing Kick  
Counter: Step rear leg side / Lead Side Piercing Kick
- **Combo. #41** Opponent: Back Piercing Kick  
Counter: Lead leg step back / Rear low Turning Kick
- **Combo. #42** Opponent: Reverse Turning Kick  
Counter: Lean back / Rear leg low Turning Kick
- **Combo. #43** Opponent: Reverse Turning Kick  
Counter: Lean back / Reverse Punch

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

## ▶ REQUIRED KNOWLEDGE

- Two page Thesis about Martial Arts or Taekwon-Do
- One page Biography (What Martial Arts means to you & how will you apply it to your future?)
- 20 Hours Community Service
- Compete in at least (1) tournament

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

## ▶ SPARRING ROUNDS

- Round 1    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 2    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 3    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 4    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 5    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 6    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 7    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 8    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 9    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 10    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 11    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 12    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 13    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 14    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 15    DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## ▶ SPARRING ROUNDS

- Round 16 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 17 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 18 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 19 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 20 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 21 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 22 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
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- Round 24 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 25 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
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- Round 37 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 38 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 39 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Round 40 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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

## ▶ ASSISTANT INSTRUCTOR

Attend a minimum of 20 classes as an assistant instructor model to lower belts students.

- Class 1 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 2 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 3 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 4 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 5 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 6 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 7 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 8 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 9 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 10 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 11 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 12 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 13 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 14 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 15 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 16 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 17 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 18 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 19 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Class 20 DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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

### TRAINING REQUIREMENTS & PROBATIONARY PERIOD

Students must complete a minimum of 6 consecutive months of active training as a 1st Dan Black Belt for probationary period to receive certification from the ITF (International Taekwon-Do Federation) and must be of the age of 13 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.