

Poom Belt testing for 1st Dan Black Belt

Terminology

No Belt – Brown Stripe

Hand Techniques

- 1 - Double Wrist Block, Downward Elbow Strike
- 2 - Tiger Paw Punch
- 3 - All previous techniques

Kicking

- 1) White Belt – Brown Stripe
- 2) Jump Back Hook Kick**
- 3) Split Kick**

Self Defense Techniques (Ho Shin Sool)

(must be done on both left and right side)

Your Choice of 4 (from previous belts)

Forms

Taeguk Yuk Jang
Taeguk Chil Jang
Taeguk Pahl Jang
Koryo

Breaking

5 Targets
Speed Break
Power Hand Technique (2 Boards Minimum)
Hook Kick
Skip/Jump Side Kick (3 Boards Minimum)
Front Snap Kick (Ball of Foot)

Physical Fitness

Push-Ups (Male 50, Female 25)
Sit-Ups – 75 (Male & Female)
Continuous Round Kicks (Bouncing Style) 75 Each Leg (150 Total)
Rising Kick (Leg Straight Up) (Over 30 Years Old At Instructors' Discretion)
Show Proper Technique (Single Leg Stretch)
Side Fall

Sparring

Minimum 5 Rounds (Consecutive) 2 Minutes Per Round

Essays

Subjects Given With Graduation Form

Experience

Minimum 80 Classes As A Red Belt