

# 1<sup>st</sup> Dan 2<sup>nd</sup> Gup to 2<sup>nd</sup> Dan Black Belt

## **Terminology, Knowledge**

All Previous Terms and Knowledge

Essay – (In What Ways Have You Changed As A Person & Martial Artist Since Earning 1<sup>st</sup> Dan)

Read 1 Book On Taekwondo (See Instructor For Recommendations Or For Approval)

## **Hand Techniques**

- 1) Neck Chop, Knife Hand Down Block, Middle punch
- 2) Jab, Reverse, Elbow Strike
- 3) All Previous Hand Techniques

## **Kicking**

- 1) Front Kick/Side Kick (Same Leg In The Air), Jumping Back Kick
- 2) Back Kick, Jump Spin Round Kick
- 3) Flying Back Hook\*\*
- 4) All Previous Requirements

## **Self Defense Techniques (Ho Shin Sool)**

Grab (1 – 6)

Knife (1 – 10)

Takedown (1 – 3)

Being Pushed (1 - 2 )

Bear Hug (1 – 5)

Hook Punch (1 – 2)

## **Forms**

Koryo, Keumgang, Taebek, Palgwe Il, Ee, Sam & Sa

## **Breaking**

1 Power Hand (2 Boards Minimum)

1 Penetrating Cut Kick (2 Boards Minimum)

1 Speed Hand

1 Speed Foot

2 Techniques Of Your Choice

## **Physical Fitness**

Push-Ups (Male – 60, Female – 35)

Sit-Ups – 85 (Male & Female)

Consecutive Round Kicks 200 (100 Each Leg)

## **Experience**

Minimum 30 Months As 1<sup>st</sup> Dan (unless approved by Master Instructor)

**\*\* Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**