

3rd Dan Black Belt to 4th Dan Black Belt (Master)

Terminology/Knowledge

All Previous Terms and Knowledge

3 Books Of Your Choice That Relate To Martial Arts (Must Be Approved)

Understanding Of Taekwondo History, Philosophy And Other Martial Arts

Hand Techniques

1 Year Dedicated To Each Subject Area

- No Belt - Red Belt Techniques 1st Dan - 2nd Dan
- Techniques/Strikes of Choice (May Include Blocking Sequence) Conditioning

All Previous Requirements

Kicking

1 Year Dedicated To Each Type Of Kick (As Many Variations As Possible)

- Round Kicks Thrusting Motion (Thrust, Side, Back)
- Ax/Crescent (Straight Leg) Hook Kicks

All Previous Requirements**

Self Defense Techniques (Ho Shin Sool)

Bull Rush (2)	Straight Punch
Punch From Side	Double Punch
Choke (1 - 5)	Hook Punch (3 - 5)
Takedown (9 - 12)	Gun (7 - 8)
Grab (13)	All Previous Requirements

Forms

1 Year Dedicated To Certain Forms

Taeguek	Palgwe
Koryo, Keumgang, Taebek	Pyongwon, Sipjin

Breaking

Self Held/Drop Punch Or Chop	Cement Break
Penetrating Cut Kick (4 Boards Minimum)	
1 Technique (Instructor's Choice)	2 Techniques Of Your Choice

Weapons

Proficiency With Weapons - 2 Weapons (1 Form And 5 Self Defense Techniques Each)

Physical Fitness

Push-Ups (Male – 85, Female – 50)
Sit-Ups – 200 (Male & Female)
Consecutive Round Kicks (5 Minutes)

Experience

Minimum 4 Years As 3rd Dan (Unless Approved By Master Instructor)

Tips Will Not Be Earned, A White Stripe Will Be Placed On The End Of The Belt At The End Of The 1st, 2nd And 3rd Years To Signify Time Completed As A 3rd Dan

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