

## Ee Dan (2<sup>nd</sup> Dan) Requirements

200 hours minimum are required to be considered to test for Ee Dan (2<sup>nd</sup> Dan Black Belt). For Training and Teaching during the same class, enter your time in minutes. You are responsible for both ensuring you learn the material and for notifying Master Shintaku when you will be ready to Pre-Test. Your +25 hours starts after you complete your requirements and pass your Pre-Test. Essays must be a minimum of 1 page (e-mail to [mike@exceedma.com](mailto:mike@exceedma.com)).

### 25 Hours – Pre-Test 1

1. **Teaching:** 10<sup>th</sup> Gup Requirements
2. **Teaching:** Youth / Beginner Class (x hours)
3. **Testing:** Assist in Gup Testing
4. **Demonstrate:**
5. **Demonstrate:**
6. **Demonstrate:** Club Defense (Level 1)
7. **Essay:** What have you learned in the past year as a Black Belt
8. **Essay:**
9. **Oral:**
10. **Oral:**

### +25 Hours – Pre-Test 2

1. **Teaching:** 9<sup>th</sup> Gup Requirements
2. **Teaching:** Youth / Beginner Class (x hours)
3. **Demonstrate:** Naihaji Ee Dan
4. **Demonstrate:** 2 randomly selected forms
5. **Demonstrate:** Club Defense (Level 2)
6. **Essay:**
7. **Essay:**
8. **Oral:**
9. **Oral:**

### +25 Hours – Pre-Test 3

1. **Teaching:** 8<sup>th</sup> Gup Requirements
2. **Teaching:** Youth / Beginner Class (x hours)
3. **Testing:** Assist in Gup Testing
4. **Demonstrate:** 2 randomly selected forms
5. **Demonstrate:** Naihaji Ee Dan applications
6. **Demonstrate:** Club Defense (Level 3)
7. **Essay:**
8. **Essay:**
9. **Oral:**
10. **Oral:**

### +25 Hours – Pre-Test 4

1. **Teaching:** 7<sup>th</sup> Gup Requirements
2. **Teaching:** Youth / Beginner Class (x hours)
3. **Testing:** Assist in Gup Testing
4. **Demonstrate:** Ji'in
5. **Demonstrate:** 2 randomly selected forms
6. **Demonstrate:** Club Defense (Level 4)
7. **Essay:**
8. **Essay:**
9. **Oral:**
10. **Oral:**

### +25 Hours – Pre-Test 5

1. **Teaching:** 6<sup>th</sup> Gup Requirements
2. **Teaching:** Intermediate Class (x hours)
3. **Testing:** Assist in Dan Testing
4. **Demonstrate:** 2 randomly selected forms
5. **Demonstrate:** Ji'in applications
6. **Demonstrate:** Knife Defense (Level 1)
7. **Essay:**
8. **Essay:**
9. **Oral:**
10. **Oral:**

### +25 Hours – Pre-Test 6

11. **Teaching:** 5<sup>th</sup> Gup Requirements
12. **Teaching:** Intermediate Class (x hours)
13. **Testing:** Assist in Dan Testing
14. **Demonstrate:** Ship Sum
15. **Demonstrate:** 2 randomly selected forms
16. **Demonstrate:** Knife Defense (Level 2)
17. **Essay:**
18. **Essay:**
19. **Oral:**
20. **Oral:**

## Ee Dan (2<sup>nd</sup> Dan) Requirements

### +25 Hours – Pre-Test 7

1. **Teaching:** 4<sup>th</sup> Gup Requirements
2. **Teaching:** Intermediate Class (x hours)
3. **Testing:** Assist in Dan Testing
4. **Demonstrate:** Developmental Form
5. **Demonstrate:** Ship Sum applications
6. **Demonstrate:** Knife Defense (Level 3)
7. **Essay:**
8. **Essay:**
9. **Oral:**
10. **Oral:**

### +25 Hours – Exam

1. **Teaching Requirement:** All Requirements Met
2. **Demonstrate:** Club/Knife Defense (Level 4)
3. **Essay:** Why must you be Deadly Serious in Tang Soo Do Training? One (1) paragraph summary (350 Word Minimum – excluding summary)
4. **Essay:** Why must you Train with Both heart and Soul without Worrying about Theory? One (1) paragraph summary (350 Word Minimum – excluding summary)
5. **Essay:** Why must you Avoid Self-Conceit and Dogmatism? One (1) paragraph summary (350 Word Minimum – excluding summary)
6. **Review and Prepare:**