

Requirements for Black Belt Recommend Test & Links for Preparation

Black Belts are expected to be examples of Taekwondo Aims & Taekwondo Pledge.

- You must perform all 8 Patterns – Chon-Ji (White Belt) Thru Hwa-Rang (Red Belt)
- You must recite all 8 Definitions (Chon-Ji thru Hwa-Rang)
- You must be well practiced in ALL Basic Kicks & Kicking Combinations. ALL Kicks and Combinations practiced with control & power, keeping hands up, on guard, protecting your precious head & rib cage where your brain & all your vital organs are.
- You must know 1 Step Sparring Techniques (At least 1 thru 10). There are 1 Step Sparring (1-30) & more Self-Defense techniques to learn as you are ready.
- Board Breaks- Side Kick, Back Turning Kick, Hand Technique & ‘Elbow’ Break

We will also be challenging you to increase the difficulty level of your board breaking skills. If you have any questions, please ask Master Keith, Master Tom, or Master Mo.

RESOURCES FOR STUDYING ...

ONE STEP SPARRING (1-10 or More):

#1-5: https://www.youtube.com/watch?v=frNkJ5xi_Ps

6-10: <https://www.youtube.com/watch?v=-gTcgSxzPAc>

BLACK BELT REVIEW... <https://www.youtube.com/watch?v=e06xcXdZZsk> This Video has all 8 patterns Regular Speed - White Belt thru Red Belt (Sorry, only 1 view)

Below, are all the available videos of Belt levels with resources if you need to review any individually...You can also check **Taekwondo Resource Page** on Master Mo’s website for more... <https://expandingheart.org/taekwondo-resources>

WHITE BELT...

With instruction – <https://www.youtube.com/watch?v=eMNdisSfPRg>

Regular Speed – https://www.youtube.com/watch?v=h_hgs2Oez30

Definition – https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/1_Chon-Ji%20Saying.mp3?ver=1750877246224

YELLOW BELT...

Techniques – <https://www.youtube.com/watch?v=oQnfLvwATwQ>

With instruction –

<https://www.youtube.com/watch?v=RKeACmYBpGo&list=PLF48C4DF9175DA127&index=7>

Regular Speed – <https://www.youtube.com/watch?v=SrNsf3blvA0>

Definition – https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/2_Dan-Gun%20Saying.mp3?ver=1750877246224

GREEN BELT...

Techniques – <https://www.youtube.com/watch?v=b2xhjJkKy1o>

With instruction – <https://www.youtube.com/watch?v=80-zWfWTYWU&list=PLF48C4DF9175DA127&index=9>

<https://www.youtube.com/watch?v=80-zWfWTYWU&list=PLF48C4DF9175DA127&index=9>

Regular Speed – <https://www.youtube.com/watch?v=VZYRvRSnqfs>

Definition – https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/3_Do-San%20Saying.mp3?ver=1750877246224

GREEN HIGH...

Techniques – <https://www.youtube.com/watch?v=KljxNbu4CAc>

With instruction –

<https://www.youtube.com/watch?v=DPQymUHDEM&list=PLF48C4DF9175DA127&index=9>

Regular Speed – <https://www.youtube.com/watch?v=Ake0WdPhJPY>

Definition - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/4_Won-HyoSaying.mp3?ver=1750877246224

BLUE...

Techniques – https://www.youtube.com/watch?v=mvCSSI5_LFg

With instruction –

https://www.youtube.com/watch?v=b_rzU3SfXcs&list=PLF48C4DF9175DA127&index=10

Regular Speed – <https://www.youtube.com/watch?v=vtH3mR5tVt4>

Definition - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/5_Yu-lGok%20Saying.mp3?ver=1750877246224

BLUE HIGH...

Techniques – <https://www.youtube.com/watch?v=aOl-8fgIPgo>

With instruction –

<https://www.youtube.com/watch?v=QZHpW8Toaws&list=PLF48C4DF9175DA127>

Regular Speed – <https://www.youtube.com/watch?v=JSHV03k5uVw>

Definition - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/6_Joong-Gun%20Saying.mp3?ver=1750877246224

BROWN...

Techniques – <https://www.youtube.com/watch?v=tpEYPgzGurQ>

With instruction –

<https://www.youtube.com/watch?v=VjhpVd4Wk64&list=PLF48C4DF9175DA127&index=12>

Regular Speed – <https://www.youtube.com/watch?v=URlo5cYp7gQ>

Definition - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/7_Toi-Gye%20Saying.mp3?ver=1750877246224

RED... (previously Brown High belt...now Red Belt)

Techniques – https://www.youtube.com/watch?v=_S-TFPWfUa0

With instruction –

<https://www.youtube.com/watch?v=hxjFFHryRoo&list=PLF48C4DF9175DA127>

Regular Speed – <https://www.youtube.com/watch?v=vK093n-OMvs>

Definition - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/7_Toi-Gye%20Saying.mp3?ver=1750877246224

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IMPORTANT BASICS TO PRACTICE ALWAYS:

These are videos that can be watched at any time to improve learning.

BASICS STANCES REVIEWED : https://www.youtube.com/watch?v=2n_lyCKFh6o

BASICS KICKING FOOT PLACEMENT:

<https://www.youtube.com/watch?v=99Urbx2kK0A>

BASICS CHAMBERING FOR STRENGTH AND POWER:

<https://www.youtube.com/watch?v=SojeanPNQyE&list=PLF48C4DF9175DA127&index=4>

BASICS SIDE KICK & BACK TURNING KICK

<https://www.youtube.com/watch?v=LkRdk4Y2N4c>

REVIEW ROUNDHOUSE KICKS:

<https://www.youtube.com/watch?v=oyBbPsZTsRQ&list=PLF48C4DF9175DA127&index=4>

HAPPY PRACTICING!!!