



2ND DEGREE BLACK BELT*

(Testing 2nd Degree to 3rd Degree)

Physical Requirements:

- 1) KICKS
 - A) All previous kicks

- 2) HAND TECHNIQUES
 - A) Inverse stick block
 - B) Mountain block
 - C) Diamond block
 - D) Single hand spear strike to neck
 - E) Palm heel strike
 - F) Ridge hand strike
 - G) All previous hand techniques

- 3) STANCES
 - A) Crane stance
 - B) All previous stances

- 4) FORM
 - A) Keumgang
 - B) Taebaek
 - C) Toi Gae
 - D) Hwa Rang
 - E) Chong Moo
 - F) Kwan-Gae
 - G) All previous forms

- 5) OLYMPIC SPARRING
 - A) Against one opponent
 - B) Against two opponents
 - C) Against three opponents

- 6) BOARD BREAKING
 - A) 9 boards, creative combination including at least one, but no more than 3 hand techniques

- 7) STRENGTH TEST
 - A) 50 pushups
 - B) 50 situps

- 8) ENDURANCE TEST
 - A) Two rounds of Master's Choice - Two minutes each round with a 30 second break in between

- 9) IL BO GYORUGY (1-STEP SPARRING)
 - A) Creative 1-step sparring
 - i) 35 techniques

- 10) KNIFE DEFENSE
 - A) Techniques 1-12. (See descriptions on page 57)

- 11) SELF-DEFENSE
 - A) "Street fight" scenario.
 - B) Collar chokes from standing, from guard, from bottom of mount, and from top of mount.
 - C) Escape from guard into arm bar.
 - D) Buck and Roll.



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Mental Requirements:

Note: Mental requirements will be in the form of a written test prior to the physical black belt testing.

- 1) MEANINGS OF ALL FORMS PERFORMED
- 2) IDENTIFY DIFFERENCES BETWEEN WTF AND ITF POOMSE
EXAMPLE: Walking stance is only present in WTF style forms
 - Unique execution of blocks (give examples)
 - Unique hand techniques (give examples of hand techniques that are only in ITF poomse)
 - ITF patterns are traditionally performed with sine wave movements
(know what that means but do not perform the patterns using sine wave)
 - ITF is an older style of Taekwondo
- 3) ESSAY: Open topic relating to Taekwondo (5 pages, typed and double spaced)
- 4) ALL PREVIOUS MENTAL REQUIREMENTS

Other Requirements:

- 1) MINIMUM 3.0 GPA OR EQUIVALENT FOR STUDENTS
- 2) COMMUNITY SERVICE
- 3) BELT TEST ASSISTANCE
- 4) TEACHING ASSISTANCE

* BLACK BELT TESTING REQUIREMENTS ARE SUBJECT TO MODIFICATION PER THE MASTERS' DECISIONS.