

2nd Dan Requirements

2 Dan

Patterns

- Eui-Am Tul
- Choong-Jang Tul
- Juche Tul (Including all patterns from 1st degree, and 2 gup patterns)

Kicking

- Consecutive kicking (Yonsok Chagi)
- Two-direction kick (Sang Chagi)
- Flying spiral kick (Twimyo Rasonik Chagi)

Blocking

- Inward knifehand low block (Anuro Sonkal Najunde Makgi)
- Knifehand rising block (Sonkal Chookyo Makgi)
- Knifehand wedging block (Sonkal Hechyo Makgi)
- Reverse knifehand circular block (Sonkal Dung Dollimyo Makgi)
- Alternate palm downward block (Euhkallin Sonbadak Naeryo Makgi)
- Scooping block (Duro Makgi)
- Twin palm pressing block (Sang Sonbadak Noollo Makgi)
- Inner forearm parallel block (An Palmok Narani Makgi)
- Outer forearm parallel block (Bakat Palmok Narani Makgi)

Striking

- High crescent punch (Nopunde Bandal Jirugi)
- Double finger high thrust ((Doo Songarak Nopunde Tulgi)
- Backhand downward strike (Sondung Naeryo Taerigi)
- Twin knifehand horizontal strike (Sang Sonkal Soopyong Taerigi)
- Arc hand high strike (Bandal Son Nopunde Taerigi)
- Twin fore-knuckle high crescent punch (Sang Inji Nopunde Bandal Jirugi)
- Backfist downward strike (Dung Joomuk Naeryo Taerigi)
- Flat fingertip high outward cross-cut (Opun Sonkut Nopunde Ghutgi)
- Knifehand mid-air strike (Sonkal Twio Dolmyo Taerigi)
- Downward elbow thrust (Naeryo Palkup Tulgi)
- Demonstrate the application of fundamental movements (as listed above)

Stances

- Diagonal stance (Sasun Sogi)

Sparring

- Foot sparring (Bal Matsogi)
- Semi-free sparring (Ban Jayu Matsogi)
- Free sparring vs black belts (Jayo Matsogi)

Self-Defence

- Freestyle advanced self-defence routine
- Weapon routine (any weapon – min 2 minutes)

Breaking techniques

- Specialty flying two-direction kick
- Side piercing kick / turning kick (consecutive kicking)
- Suspended foot break – any mid-air technique
- Suspended hand break – any mid-air technique
- Back kick - blindfolded
- Power elbow front strike
- Back kick

Terminology/Theory

Meaning and number of movements in Eui-Am, Choong-Jang and Juche
Names and application of fundamental movements (as above)

Additional requirements

Names and locations of vital spots, pressure points
Assistance in tournaments in an official capacity
Written or video presentation on any aspect of Taekwon-Do

Attendance

Recommended minimum 24 months active training/teaching (since obtaining 2nd degree)
Attendance of at least ONE I.T.F. International Training Course
Attendance and participation in at least TWO Australian I.T.F. (UNITED ITF) umpiring course

Eui -Am (45 movements)

Eui-Am is the pseudonym of **Son Byong Hi**, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram (I) represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

Choong-Jang (52 movements)

Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

Juche (45 movements)

Juche is a philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain, which symbolizes the spirit of the Korean people. The diagram represents Baekdu Mountain.