2ND DEGREE BLACK BELT*
(Testing 2nd Degree to 3rd Degree)

Physical Requirements:
1) ATTENDANCE
   A) Fulfill the attendance requirements upon entering the Black Belt Candidate program

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

3) KICKS
   A) All previous kicks

4) KICKING SEQUENCES
   A) Master's Decision

5) STANCES
   A) Crane stance
   B) All previous stances

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

7) IL BO GYORUGY (1-STEP SPARRING)
   A) Creative 1-step sparring
      i) 12 techniques

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

9) SELF-DEFENSE
   A) *Street fight* scenario
   B) All previous techniques

10) KNIFE DEFENSE
    A) Techniques 1-12. (See descriptions on page 66)
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Physical Requirements Continued:

11) BOARD BREAKING
   A) Nine boards fulfilling the requirements given during candidacy

12) STRENGTH TEST
   A) 50 pushups
   B) 50 situps

13) ENDURANCE TEST
   A) Two rounds of Master’s Choice – Two minutes each round with a 30 second break in between
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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) ESSAY: Open topic relating to Taekwondo (5 pages, typed and double spaced)

2) MEANINGS OF ALL FORMS PERFORMED

3) IDENTIFY DIFFERENCES BETWEEN WT AND ITF POOMSE
   EXAMPLE: Walking stance is only present in WT 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

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.