Belt Test Requirements

HIGH BROWN BELT*
(Testing High Brown to 1st Degree Black)

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

2) HAND TECHNIQUES
   A) C-block
   B) Outside middle block
   C) All previous hand techniques

3) KICKS
   A) All previous kicks

4) KICKING SEQUENCES
   A) Master's Decision

5) STANCES
   A) All previous stances

6) FORM
   A) Chonji
   B) Dangun
   C) Taeguk numbers 1-8

7) IL BO GYORUGY (1-STEP SPARRING)
   A) Demonstrate knowledge and ability to execute all techniques for blue - brown belts

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

9) SELF DEFENSE
   A) Demonstrate knowledge and ability to execute all techniques for white - brown belts.

10) BOARD BREAKING
    A) Five boards fulfilling the requirements given during candidacy

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

12) ENDURANCE TEST
    A) Two rounds of Master's Choice – Two minutes each round with a 30 second break in between
HIGH BROWN BELT*  
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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: Prompts will be assigned by instructors during candidacy.  
   (2 pages, typed, double spaced, standard font and margins)

2) WHAT IS THE MEANING OF THE HIGH BROWN BELT?  
   • The high brown belt signifies maturity and being ready to accept responsibility.

3) WHAT DOES WT STAND FOR?  
   • World Taekwondo

4) NAME THE WT FORMS THAT YOU KNOW  
   • All Taegeuks are WT forms, students should know the name of all eight.

5) WHAT DOES ITF STAND FOR?  
   • International Taekwondo Federation

6) NAME THE ITF FORMS THAT YOU KNOW  
   • Chonji and Dangun

7) BE ABLE TO IDENTIFY KEY COMPONENTS TO EXECUTING EACH KICK CORRECTLY

8) KOREAN TERMINOLOGY FOR ALL KICKS

9) KOREAN TERMINOLOGY FOR HAND TECHNIQUES AND STANCES (Adults only)

10) ALL PREVIOUS MENTAL REQUIREMENTS

**Other Requirements:**

1) MINIMUM 3.0 GPA OR EQUIVALENT FOR STUDENTS

2) COMMUNITY SERVICE

*BLACK BELT TESTING REQUIREMENTS ARE SUBJECT TO MODIFICATION PER THE MASTERS’ DISCRETION.*