1st Dan Black Belt

Requirements:
Stripes: Yellow, Black and Green (Children 13 and under)

Techniques:
Form: Koryo Poomsae
Kicking
Self-Defense: Front-snap kick
Nun-chuck: 1-3

Knowledge
Koryo Poomsae
Koryo poomsae symbolizes "seonbee", which means a learned man, who is characterized by a strong martial spirit as well as a righteous learned man's spirit. The spirit has been inherited through the ages of Koguryo, Palhae and down to Koryo, which is the background of organizing the Koryo poomsae.

Counting Numbers:

Home Rules: Age 13 & under
Numbers 1-8