

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.