

1st Dan 2nd Gup to 2nd Dan Black Belt



Terminology, Knowledge

All Previous Terms and Knowledge

Essay – (In What Ways Have You Changed As A Person & Martial Artist Since Earning 1st Dan)

Read 1 Book On Taekwondo (See Instructor For Recommendations Or For Approval)

Hand Techniques

- 1) Round Kick, Flying Back Kick, Back Fist
- 2) Axe Kick, Neck Chop, Knife Hand Down Block, Middle punch
- 3) All Previous Hand Techniques

Kicking

- 1) Front Kick/Side Kick (Same Leg In The Air), Jumping Back Kick
- 2) Back Kick, Jump Spin Round Kick
- 3) Jumping Kick (Scissor Kick, Jumping In To Out Kick, Tornado Ax and Flying Back Hook)**
- 4) All Previous Requirements

Self Defense Techniques (Ho Shin Sool)

Grab (1 – 6)

Knife (1 – 10)

Takedown (1 – 3)

Being Pushed (1 - 2)

Bear Hug (1 – 5)

Hook Punch (1 – 2)

Forms

Creative Form (Instructor Approved)

All Previous Forms

Breaking

1 Power Hand (2 Boards Minimum)

1 Power Foot (3 Boards Minimum)

1 Speed Hand

1 Speed Foot

2 Techniques Of Your Choice

Physical Fitness

Push-Ups (Male – 60, Female – 35)

Sit-Ups – 85 (Male & Female)

Consecutive Round Kicks 200 (100 Each Leg)

Experience

Minimum 30 Months As 1st Dan (unless approved by Master Instructor)

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**