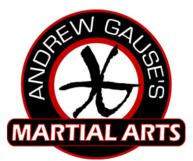
# 1<sup>st</sup> Dan 2<sup>nd</sup> Gup to 2<sup>nd</sup> Dan Black Belt



## Terminology, Knowledge

All Previous Terms and Knowledge

- Essay (In What Ways Have You Changed As A Person & Martial Artist Since Earning 1<sup>st</sup> 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 1<sup>st</sup> Dan (unless approved by Master Instructor)

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