

1ST DEGREE BLACK BELT

(Testing 1st Degree to 2nd Degree)

Physical Requirements:

- 1) ATTENDANCE
 - A) Fulfill the attendance requirements upon entering the Black Belt Candidate program
- 2) KICKS
 - A) All previous kicks
- 3) HAND TECHNIQUES
 - A) All previous hand techniques
- 4) STANCES
 - A) All previous stances
- 5) FORM
 - A) Eight Taegeuks
 - B) Koryo
 - C) Nine Hyongs
 - D) Kwan-Gae
- 6) FREE SPARRING
 - A) Fight against three opponents
- 7) BOARD BREAKING
 - A) Six boards, creative combination including at least one, but no more than two, hand techniques
- 8) PHYSICAL TEST
 - A) 50 pushups
 - B) 50 situps
- 9) ENDURANCE TEST
 - A) Two rounds of Master's Choice – Two minutes each round with a 30 second break in between
- 10) IL BO GYORUGY (1-STEP SPARRING)
 - A) Creative 1-step sparring
 - i) 30 techniques
- 11) ANJA GYORUGY (KNEE SPARRING)
 - A) Creative knee sparring
- 12) KNIFE DEFENSE
 - A) Techniques 1-6
- 13) LEADERSHIP TRAINING
 - A) Attend STORM team meetings
- 14) COMMUNITY SERVICE

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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) WHAT IS THE MEANING OF THE BLACK BELT?
 - The end of one life cycle and the beginning of a new one.
- 2) MEANINGS OF 10 ITF FORMS (CONGI HYONG THROUGH KWAN GAE)
- 3) MEANING OF KORYO
- 4) ALL PREVIOUS MENTAL REQUIREMENTS FROM WHITE THROUGH HIGH-BROWN BELT.
- 5) ESSAY: What it means to be a black belt outside of the Dojang (3 pages, typed and double spaced)
- 6) MINIMUM 3.0 GPA OR EQUIVALENT FOR STUDENTS