

## 2ND DEGREE BLACK BELT

*(Testing 2nd Degree to 3rd Degree)*

### Physical Requirements:

- 1) KICKS
  - A) All previous kicks
- 2) HAND TECHNIQUES
  - A) All previous hand techniques
- 3) STANCES
  - A) All previous stances
- 4) FORM
  - A) Eight Taegeuks
  - B) Koryo
  - C) Keumgang
  - D) Taebaek
  - E) Nine Hyongs
  - F) Kwan-Gae
  - G) Po Eun
  - H) Kae Baek
- 5) FREE SPARRING
  - A) Fight against three opponents
- 6) BOARD BREAKING
  - A) 10 boards, creative combination including at least one, but no more than 3 hand techniques
- 7) PHYSICAL TEST
  - A) 50 pushups
  - B) 50 situps
- 8) ENDURANCE TEST
  - A) Two rounds of Master's Choice - Two minutes each round with a 30 second break in between
- 9) IL BO GYORUGY (1-STEP SPARRING)
  - A) Creative 1-step sparring
    - i) 35 techniques
- 10) KNIFE DEFENSE
  - A) Techniques 1-12
- 11) SELF-DEFENSE
  - A) Creative, choreographed self-defense routine defending against two attackers.  
Should be about two minutes in length.
- 12) BELT TEST ASSISTANCE
- 13) 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) MEANINGS OF ALL FORMS PERFORMED
- 2) ALL PREVIOUS MENTAL REQUIREMENTS FROM WHITE THROUGH 1ST DEGREE BLACK BELT.
- 3) ESSAY: Open topic (5 pages, typed and double spaced)
- 4) MINIMUM 3.0 GPA OR EQUIVALENT FOR STUDENTS