

BELT TEST REQUIREMENTS

2nd Dan Black Belt

1. FORMS: Taegeuk 1-8, Koryo, Keumgang, Taebaek and ITF forms, Kwang-Gae, Po-Eun, Ge-baek

WTF FORMS:

1. KORYO is the name of an old Korean Dynasty. The people from the Goryeo defeated the Mongolian aggressors. It is intended that their spirit is reflected in the movements of the Poomsae Koryo. Each movement of this Poomsae represents the strength and energy needed to control the Mongols.

2. KEUMGANG means "diamond," symbolizing hardness. Keumgang is also the name of the most beautiful mountain in Korea, as well as the Kuemgang warrior, named by Buddha. Thus, the themes of hardness, beauty, and pondering permeate this Poomsae.

3. TAEBAEK is literally "lightness". Every movement in this Poomsae is intended to be not only be exact and fast, but with determination and hardness resembling the mountain Baekdoo, the origin of the nation of Korea.

ITF Forms

1. GE-BAEK is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

2. Kicks
3. ILBO GYORUGIE: 30 examples of Throws and Joint Locks
4. KNIFE DEFENSE: 7-12
5. ENDURANCE TEST: Paddles – two/two minute rounds
6. SELF-DEFENSE: Choreographed routine
7. JAIU KYORUGIE: against 1, 2 and 3 opponents
8. KYOPA
9. ESSAY
10. QUESTIONS: Meaning of all forms / previous questions