

BLACK BELT TEST REQUIREMENTS

1-POOM / DAN APPLICANT

Complete and submit the Test package, including the test fee, at least 2 weeks prior to the test date.

General Requirements

1. Training Time: 6 months practice on a regular basis for Embroidered Belt and up (total 100-115 hours).
2. Tournament Participation: at least 4 major Tournaments.
3. Physical/Running Test: 5 miles in 40-45 minutes (15 years of age and older), 50-60 minutes (under 15 years of age).
4. Teaching Credential: 50 hours (15 years of age and older), 25 hours (under 15 years of age).
5. Seminars: Attend Than-Phong Black Belt Preparation and Weaponry #1 Seminars.
6. Written Test: Answer 10 basic questions related to Taekwondo.
7. Academic Grade (18 years of age and under): C or above for Semester (December Black Belt Test) or Final (June Black Belt Test).
8. Provide Uniform and Belt sizes.
9. Submit 4 ID Pictures: 1 inch x 7/8 inch

Technical Test

1. Forms
 - ITF: Chung Moo, Hwarang
 - WTF: Koryo. draw one Form (Taeguk #1 - #8)
2. One-step Techniques: 5 techniques (focus on speed, balance, and accuracy)
3. Weapons
 - 5 Basic Bo Forms and 12 Basic Nunchaku Techniques
4. Breaking
 - Board: Foot, 2 targets (1 target off the ground), 1 board each target
 - Brick: Hand, 1 brick
5. Sparring
 - Under 15 years of age: 2 rounds, 2 minutes each round
 - 15 years of age and older: 3 rounds, 2 minutes each round

Bonus Point: Special Breaking Techniques