

# BLACK BELT TEST REQUIREMENTS

## 2-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: 1 year practice on a regular basis for 1st Dan/Poom, 1.5 years for Poom, (total 200-230 hours).
2. Tournament Participation: at least 4 major Tournaments since 1st Dan/Poom.
3. Physical/Running Test: 7 miles in 60 minutes (15 years of age and older), 1.5 hours (under 15 years of age).
4. Teaching Credential: 100 hours (15 years of age and older), 50 hours (under 15 years of age).
5. Seminars: Attend Than-Phong Assistant Instructor and Weaponry #2 Seminars.
6. Written Test: Answer 9 basic questions related to Taekwondo.
7. Academic Grade: at least C, Semester average (December Black Belt Test) or Final average (June Black Belt Test), under 18 years of age.
8. Provide Uniform and Belt sizes.
9. Submit 4 ID Pictures: 1 inch x 7/8 inch

### Technical Test

1. Forms
  - Kwang Gae and draw one additional Form (Po-Un, Hwa Rang, Chung Moo)
  - WTF: Kumgang and draw one additional Form (Teaguk #1 - Koryo)
2. Two-Step Techniques: 5 techniques (focus on speed, balance, and accuracy)
3. Weapons
  - Bo Form #1 and Nunchaku Form #1
4. Breaking
  - Boards: Foot, 2 targets (1 off the ground), 2 boards each target
  - Bricks: Hand, 1 target, 2 bricks
5. Sparring: 3 rounds, 2 minutes each round

### Bonus point for Special Breaking Techniques