

BLACK BELT TEST REQUIREMENTS

3-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: 2 years practice on a regular basis for 2nd Dan/Poom, 2.5 years for Poom (total 400-450 hours).
2. Academic Grade: at least C, Semester average (December Black Belt Test) or Final average (June Black Belt Test), under 18 years of age.
3. Provide Uniform and Belt sizes.
4. Submit 4 ID pictures: 1 inch x 7/8 inch
5. Physical/Running Test: 7 miles in 60 minutes (15 years of age and older), 1.5 hours (under 15 years of age).
6. Written Test: Answer 9 basic questions related to Taekwondo.
7. Tournament Participation: at least 4 major Tournaments.
8. Teaching Credential: 150 hours (15 years of age and older), 75 hours (15 years of age).
9. Seminars: Attend Than-Phong Instructor and Weaponry #2 Seminars

Technical Test

1. Forms
 - ITF's: Kye Baek; draw one Form (Hwa Rang, Chung Mu, Kwang Gae, Po Un)
 - WTF: Taebaek and draw one Form (Taeguk #1 - Kumgang)
2. Two-step Techniques: 10 techniques (focus on speed, balance, and accuracy)
3. Weapons: Bo Form #2 and Nunchaku's Form #2
4. Breaking
 - Boards: Foot, 3 targets (2 off the ground), 2-3 boards each target
 - Bricks: Hand, 1 target, 2 bricks
5. Sparring: 3 rounds, 2.5 minutes each round

Bonus point for Special Breaking Techniques