

1st Degree Requirements

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All lower belt terminology.

All lower belt forms

Chun-Ji-----White Belt (8th Kup Recommended or 8th Kup Decided)

Dan Gun-----Yellow Belt (7th Kup Recommended or 7th Kup Decided)

Do San-----Green Belt (6th Kup Recommended or 6th Kup Decided)

Won-hyo-----Purple Belt (5th Kup Recommended or 5th Kup Decided)

Yul-Gok-----Blue Belt (4th Kup Recommended or 4th Kup Decided)

Jhoon-Gun-----Brown Belt (3rd Kup Recommended or 3rd Kup Decided)

Toi-Gye-----Red Belt (2nd Kup Recommended)(no stripes) and (2nd Kup Decided) (1 stripe)

Hwa-Rang-----Red Belt (1st Kup Recommended)(2 stripes) and (1st Kup Decided) (3 stripes)

Black Belt Forms

Chul-Gi:----- For All Black Belts

For **1st Recommended** Black Belt testing for **1st-Dan Decided**

Student performs the following form at the test

Choong Moo---First Degree Recommended (Black / White Belt) (1st Dan Recommended)

*Upon passing 1st Recommended test Student must complete **1st Decided with-in 6 months***

For **1st-Dan Decided** testing for a **2nd-Dan Recommended**.

Student performs the following form at the test

Kwang Gae---First Degree Decided (Black belt W/ 1 stripe) (1st Dan Decided)

*Upon receiving 1st Decided rank Student must wait **2 years** from testing date to attempt testing for 2nd Recommended*

Found in Manual

General knowledge of the history of Korea

General knowledge of Martial Arts

General knowledge of difference in styles of Karate, TKD, Gung Fu

Founder's name of TKD- Choi Hong Hi

Father of Chung Do Kwan- Won Gook-Lee

Father of American TKD- Jhoone Rhee

Be able to explain any technique as Instructor to new student. Example- explain riding stance in detail.

Demonstrate any technique required for 1st degree black belt level

Name the type of forms practiced by our style

Board breaking- 4 stations of 2 (under 15 years of age it varies)

2nd Degree Requirements

All requirements of lower belts

For **2nd-Dan Recommended** testing for a **2nd-Dan Decided**.

Student performs the following form at the test

Po En-----Second Degree Recommended (Black belt with 2 stripes) (2nd Dan Recommended)

*Upon passing 2nd Recommended test Student must complete 2nd Decided test **with-in 6 months***

For **2nd-Dan Decided** testing for a **3rd Dan (No R or D, just 3rd Dan)**.

Student performs the following forms at the test

Po En & Ge Bek-----Second Degree Decided (Black belt with 2 stripes) (2nd Dan Decided)

*Upon receiving 2nd Decided rank Student must wait **3 years** from testing date to attempt testing for 3rd Dan*

More in depth understanding of techniques- explain execution of techniques and why. Example- why fore arm turn at the last moment in a side block. Reason- to deflect attack and to break fore arm bone.

Know the instructions of students and how to approach teaching a student.

Be able to answer:

Questions on proper procedures of class room "manners." Example- a lower ranking belt is teaching class. What should be done if higher belts walk in to the dojang? (If same style and same assoc.) Lower belt should offer class to higher belts out of courtesy. If higher belt declines but wishes to join class, they should join in back of class.

Board Breaking - 4 stations - 3 stations of 2 and 1 station of 3

3rd Degree Requirements

All lower belt requirements

For **3rd Dan** testing for a **4th Dan (No R or D, just 4th Dan)**.

Student performs the following form at the test

Yoo Sin-----Third Degree (Black belt with 3 stripes) (3rd Dan)

Choong Jang--Third Degree (Black belt with 3 stripes) (3rd Dan)

Proper procedures for opening a school

Be able to answer these questions:

How do you handle 30 new students?

How do you conduct a demonstration? What do you look for in a demonstration?

How do you handle discipline problems, fighting, bad attitudes, improper conduct?

Board breaking: 2 stations of 3 and 2 stations of 2(1 station flying technique required)

*May sub 1 breaking station (not a flying station) for 4 blocks

Black Belt Requirements

1. Must have participated in 5 tournaments and 6 demonstrations before testing for the first degree.
2. Must come to class at least once a week.
3. Must pay dues for: 1st Degree - \$20 per month - 3 month minimum payment. 2nd Degree - \$10 per month - 1 to 2 payments. 3rd Degree - free
4. Attend Evaluation Tests.
5. Notify instructors of prior visits to other schools, tournaments, ect..
6. All Black Belts are to sign a participation form on whether or not they will attend scheduled testings.
7. All Senior Black Belts (3rd Degree & up) are required to sit in on one testing board a year.