

Hwang's Taekwondo School Test Requirements
Bodan 2nd Degree Black Belt Testing

Reports: Due December 5th.

1. What are your experiences as a Black Belt?
2. What benefits have you gained since earning your Black Belt?
3. Responsibility as a Black belt. A page or more (ex: taekwondo is for self-defense, not for attacking others.)

Poomsay:

1. Kibom Poomsay 1-4, Taeguk Poomsay 1-8, Palgwe Poomsay 1-8.
2. Koryo Poomsay, Keumgang Poomsay.
3. Creative Poomsay: ½ hand techniques, ½ kicking techniques, 20 movements or more.

Combination Kicking:

Yun-gyul Cha-gee Numbers 1-40.

One-Step, Two-Step Sparring:

1. One Step Sparring: 1-25
2. Two Step Sparring: 1-15

Vocabulary:

All Color Belt, 1st Dan Black Belt vocabulary.

Home Rules: Ages 12 & under only.

Numbers 1-7.

Weapons:

Nun-chuck Numbers 1-20.

Referee:

Know all warnings, deductions, and gestures for competition sparring.

Sparring:

Target Parring

Focus Kiking:

Focus Kicking – Front snap, Roundhouse, Axe, Side, back, Blind fold Spinning heel kick.

Class Attendance and Attitude:

Thirty percent of your test will be dependent on class attendance and attitude. Be a good role model, try hard, and demonstrate your leadership abilities.