

Hwang's Taekwondo School
Black Belt Test Requirements

Reports: Due December 5th.

- A. Taekwondo History: one or more pages
- B. Answer: "What benefits have I gained from studying Taekwondo?" Be specific.
(one or more pages)
- C. Responsibility as a Black belt. A page or more (ex: taekwondo is for self-defense, not for attacking others.)

Physical Test

- A. Taeguk Poomsae : 5-8
- B. Kicking: know all kicking techniques you have learned
- C. One-step Sparring: 16-25
- D. Target sparring
- E. Focus Kicking – Front snap, Roundhouse, Axe, Side, back, Spinning heel kick.

Focus Kicking ball - 4 inch x 4 inch ball

Material can be paper, rubber ball, cloth, anything soft

Vocabulary

- A. Korean language: 1st Blue through 3rd Red belts
- B. Questions and answers: 1st Blue through 3rd Red belts
- C. Home Rules: Numbers 1-7.

Refereeing: Know all warnings, minus points, starting/ending matches, standing and ground knock-out count as well as all gestures as outlined by the World Taekwondo.

Meditation: 1 hour (date and time on testing paper)