

# 1<sup>st</sup> Dan Black Belt

## Poomse, Kicking, Board Break, Level Kick, Attendance and Training Length Requirements

1 <sup>st</sup> Dan Level	Poomse	Kicking Technique I	Kicking Technique II	Attendance Knowledge	Board Break	Nunchuck	Level Kick	
Level 0	Koryo Palgwe Il(1) Jeong	LL: Roundhouse Kick / Back Hook Kick Same Leg RL: Step Behind Side Kick LL: Up & Down Kick	RL: Sliding Roundhouse Kick LL: Up & Down Kick RL: Roundhouse Kick / Back Hook Kick Same Leg		Flying Side Kick	Single Nunchuck Level 0 (6move)	Kicking with Same Leg in the air  Roundhouse Kick Back Hook Kick	
Level 1	Koryo Palgwe I(2) Jeong	RL: Step Back Turning Roundhouse Kick LL: Back Kick RL: Back Kick	RL: Step Behind Side Kick LL: Back Kick LL: Step Back Turning Roundhouse Kick		2x Breaking	Single Nunchuck Level 1 (6move)	Step Back Turning Roundhouse Kick	
Level 2	Koryo Palgwe Sam(3) Jeong	LL: Middle/High Roundhouse, Middle Side Kick LL: Turning Roundhouse Kick RL: Back Kick	RL: Turning Roundhouse Kick RL: Sliding Up & Down Kick LL: Middle/High Roundhouse, Middle Side Kick		16 classes 4months  18&Under BlackStripe (C-Hours)  Question Memorize	2x Continuous Breaking	Single Nunchuck Level 2 (6move)	Kicking with Same Leg in the air  Low/Middle Roundhouse Kick or Middle/High Round house Kick  Middle or High Side Kick
Level 3	Geumgang 1-12step  Palgwe Sa(4) Jeong	LL: Leg Low/Middle, Sliding Side Kick LL: Double Roundhouse Kick RL: Back Hook Kick	RL: Sliding Up & Down Kick LL: Back Kick RL: Leg Low/Middle, Sliding Side Kick		3x Continuous Breaking	Single Nunchuck Level 3 (6move)	Kicking with Same Leg in the air  Low Side Kick Middle Side Kick High Side Kick	

# 1<sup>st</sup> Dan Black Belt

## Poomse, Kicking, Board Break, Level Kick, Attendance and Training Length Requirements

1 <sup>st</sup> Dan Level	Poomse	Kicking Technique I	Kicking Technique II	Attendance Knowledge	Board Break	Nunchuck	Level Kick
Level 4	Geumgang Palgwe O(5) Jeong	RL: Step Behind Side Kick, Front Leg Hook Kick LL: Roundhouse Kick RL: Back Hook Kick	RL: Turning Roundhouse Kick RL: Step Behind Side Kick, Front Leg Hook Kick LL: Back Kick	16 classes 4months  18&Under BlackStripe (C-Hours)	4x Continuous Breaking	Single Nunchuck Level 4 (6move)	Kicking with Same Leg in the air  Step Behind Side Kick Front Leg Hook Kick
Level 5	Geumgang Palgwe Yuk(6) Jeong	RL: Turning Roundhouse Kick, Sliding Side Kick LL: Back Kick RL: Up & Down Kick	LL: Roundhouse Kick LL: Double Roundhouse Kick LL: Turning Roundhouse Kick, Sliding Side Kick	Question Memorize	5x Continuous Breaking	Double Nunchuck Level 5 (6move)	Kicking with Same Leg in the air  Turning Roundhouse Kick Side Kick
Level 6	Koryo Geumgang Palgwe Chil(7) Jeong Palgwe Pal(8) Jeong	LL: Back Hook Kick/Roundhouse Kick/Sliding Side Kick LL: Step Behind Side Kick LL: Double Roundhouse Kick	LL: Back Kick RL: Back Kick LL: Back Hook Kick/Roundhouse Kick/Sliding Side Kick	32 classes 4months  18&Under BlackStripe (C-Hours)  Essay 500words (TKD Journey)	Knuckle Punch  Side Kick  Step Behind Side Kick  Back Kick  Double Up & Down Kick  Back Hook Kick  Flying Side Kick  4x Continuous Breaking  Soo-Do	Review Nunchuck Level 0-5 (1~36)	Kicking with Same Leg in the air  Back Hook Kick Roundhouse Kick Sliding Side Kick

# 1<sup>st</sup> Dan Black Belt

## Hand and Self Defense Technique (All Hand & Kicking Techniques are to be executed from Left Leg Back Kicking Stance)

1 <sup>st</sup> Dan Level	Hand Technique I	Hand Technique II	Self Defense I	Self Defense II
Level 0	RH: Jab RH: Under punch RH: Uppercut LH: Punch into Back Fist LL: Jump Back Kick	RH: Jab LH: Punch RH: Elbow Attack RL: Slide In LL: 180° Turn in your place LH: Outside Knife Hand Attack RH: Punch LH: Jab LL: Turning Roundhouse Kick	<i>Attacker:</i> RH Middle Punch RL: Riding Horse Stance LH: Outside Knife Hand Block RH: High Palm Attack LH: Holding Arm RH: Under punch RH: Side Elbow Attack RL: Leg Sweep RL: Side Kick (Face)	<i>Attacker:</i> RH Middle Punch RL: Riding Horse Stance LH: Outside Knife Hand Block RH: High Palm Attack LH: Holding Arm RL: Open Stance RH: Outside Knife Hand Attack LL: Back Stance LH: Middle Elbow Attack RH: High Elbow Attack RL: Step Forward CW RL: Side Big Stance LH: Under punch
Level 1	LL: Step 90° CCW RH: Jab RL: Front Leg Double Roundhouse Kick RL: 180° turn in your place RH: Outside Knife Hand Attack RH: Jab LH: Punch	RH: Ridge Hand LH: Middle Hook Punch RH: Middle Hook Punch RH: Uppercut LL: Back Stance LH: Middle Elbow Attack LL: Jump Back Front Leg Hook Kick	<i>Attacker</i> RH Middle Punch LL: Jumping Front Snap Kick RL: Roundhouse RL: Back Kick LL: Slide Left LL: Roundhouse (Knee) RL: Jump Roundhouse	<i>Attacker</i> RH Middle Punch RL: Jump Cut Kick RL: Side Kick LL: Slide Left RL: Side Kick (Knee) LH: Punch (Face)
Level 2	RH: Jab LH: Punch RH: Jab LH: Side Elbow Attack RH: Uppercut LL: Jump Back Kick	RH: Jab RH: Jab LH: Punch RH: Uppercut RL: 180° Turn in your place LH: Outside Knife Hand Attack RH: Punch LH: Jab RL: Jump Back Kick	<i>Attacker</i> RL Roundhouse Kick RL: Side Step LH: Low Block RH: Inside Knife Hand Attack RH: Outside Knife Hand Attack RH: Side Elbow Attack RL: Step Back, Middle Roundhouse RL: Foot Down, High Roundhouse	<i>Attacker</i> RL Roundhouse Kick RL: Side Step LH: Low Block RH: Inside Knife Hand Attack RH: Outside Knife Hand Attack RH: Side Elbow Attack LL: Back Stance LH: Middle Elbow Attack RL: Counter Attack Roundhouse Kick

# 1<sup>st</sup> Dan Black Belt

## Hand and Self Defense Technique (All Hand & Kicking Techniques are to be executed from Left Leg Back Kicking Stance)

1 <sup>st</sup> Dan Level	Hand Technique I	Hand Technique II	Self Defense I	Self Defense II
Level 3	RH: Jab RH: Jab LH: Inside Knife Hand Attack LH: Outside Knife Hand Attack RH: Jab RL: Front Leg Double Roundhouse Kick	LH: High Block RH: Middle Hook Punch LH: Middle Hook Punch RH: Uppercut LL: Turn in you place 180° Back Stance LH: Middle Elbow Attack RL: Counter Attack Roundhouse Kick	Attacker RL Front Snap Kick RL: Step Back RH/LH: X-Block (Open Hand/Palm) RL: Front Snap Kick RL: Double Front Snap Kick RL: Side Step RH: Middle Punch LH: Middle Punch RH: High Punch	Attacker RL Front Snap Kick RL: Cut Kick RL: Side Kick LL: Back Kick LH: Outside Knife Hand Attack RH: Punch
Level 4	RL: Step Right RH: Middle Hook Punch LH: Middle Hook Punch LH: Ridge Hand RH: Side Elbow Attack LL: Jumping Front Snap Kick	RH: Jab LH: Punch RL: Roundhouse Kick LL: Jump Back Kick LH: Jab RH: Punch	Attacker RL Roundhouse Kick RL: Step Right LH: Holding Leg RH: Middle Punch RH: High Palm Attack RL: Sweep Leg RH: Punch (Groin)	Attacker RL Roundhouse Kick RL: Step Right LH: Low Block RH: Underpunch RH: Punch (Face) RH: Outside Knife Hand Attack RL: 90° turn CCW LL: Back Stance LH: Middle Elbow Attack RH: Elbow Uppercut Attack
Level 5	RH: Jab LH: Punch RH: Under punch RL: Sliding Roundhouse Kick RH: Outside Knife Hand Attack LH: Punch	RH: Outside Knife Hand Block LH: Under punch LH: Uppercut RL: Double Roundhouse Kick RH: Jab LH: Punch	Attacker RH High Punch LL: Step Forward LH: High Block RH: Punch (Armpit) RL: Sweep Leg RH: Punch (Face)	Attacker RH High Punch LL: Step Forward LH: High Block RH: Punch (Armpit) RH: Side Elbow Attack (Armpit) RL: 90° turn CCW LH: Middle Elbow Attack RH/LH: Grab Attacker's Leg Between Yours LL: Side Kick (Groin)
Level 6	LL: Slide Back RH: High Jab LH: High Punch RH: High Jab LL: Jump Back Kick LH: High Jab RH: High Punch LH: High Jab LL: Step Back Turning Roundhouse	RH Jab Turn Head 180° to Left Shoulder RH Punch LH Jab RL Step 90° CCW RL Roundhouse Kick (Bring Back) RL Back Kick Turn Head 180° to Left Shoulder LH Jab RH Punch	Attacker RH Middle Punch RL: Jump Cut Kick LL: Back Kick RL: Jump Back Kick RH: Back Fist LH: Punch	Attacker RH Middle Punch RL: Cut Kick RL: Turning Roundhouse Kick RH: Back Fist LH: Punch RH: Uppercut