

2nd Dan Black Belt

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

(All Hand & Kicking Techniques are *DESCRIBED* from Left Leg Back Kicking Stance)

2 nd Dan Level	Poomse	Kicking Technique I	Kicking Technique II	Attendance Knowledge	Board Break	Nunchuck	Level Kick
Level 0	<p style="text-align: center;">Taeguk II(1) Jeong</p> <p style="text-align: center;">Taeguk I(2) Jeong</p> <p style="text-align: center;">Geumgang</p> <p style="text-align: center;">Tae Baek 1-10</p>	<p>LL Roundhouse RL Roundhouse <i>Turn Head 180° to Left Shoulder</i></p> <p>RL Roundhouse LL Roundhouse LL Step 90° CCW</p> <p>LL Roundhouse RL Roundhouse <i>Turn Head 180° to Left Shoulder</i></p> <p>RL Roundhouse LL Roundhouse</p>	<p>LL Roundhouse RL Up & Down <i>Turn Head 180° to Left Shoulder</i></p> <p>RL Roundhouse LL Up & Down LL Step 90° CCW</p> <p>LL Roundhouse RL Up & Down <i>Turn Head 180° to Left Shoulder</i></p> <p>RL Roundhouse LL Up & Down</p>	<p>16 classes 6 Months</p> <p>Essay 500 Words How can TKD help you defend against physical attacks (Physical self defense)</p>	3x Breaking	<p>Double Nunchuck</p> <p>Level 0 (6move=review 1Dan Level5)</p>	Cut Kick into Jump Back Kick
Level 1	<p style="text-align: center;">Taeguk Sam(3) Jeong</p> <p style="text-align: center;">Taeguk Sa(4) Jeong</p> <p style="text-align: center;">Taeguk O(5) Jeong</p> <p style="text-align: center;">Tae Baek 1-End</p>	<p>LL Roundhouse LL Back Kick LL Double Roundhouse <i>Turn Head 180° to Left Shoulder</i></p> <p>LL Roundhouse LL Back Kick LL Double Roundhouse LL Step 90° CCW</p> <p>LL Roundhouse LL Back Kick LL Double Roundhouse <i>Turn Head 180° to Left Shoulder</i></p> <p>LL Roundhouse LL Back Kick LL Double Roundhouse</p>	<p>RL Turning Roundhouse LL Back Hook Kick RL Step Behind Side Kick <i>Turn Head 180° to Left Shoulder</i></p> <p>LL Turning Roundhouse RL Back Hook Kick LL Step Behind Side Kick LL Step 90° CCW</p> <p>RL Turning Roundhouse LL Back Hook Kick RL Step Behind Side Kick <i>Turn Head 180° to Left Shoulder</i></p> <p>LL Turning Roundhouse RL Back Hook Kick LL Step Behind Side Kick</p>	<p>16 classes 6 Months</p> <p>Essay 500 Words How can TKD help you grow as a person (Social self defense)</p>	3x Continuous Breaking	<p>Double Nunchuck</p> <p>Level 1 (3move)</p>	<p>Front Leg Up Sliding Up & Down Kick</p> <p>Front Leg Up Sliding Side Kick</p>

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Rank	Poomse	Kicking Technique I	Kicking Technique II	Attendance Knowledge	Board Break	Nunchuck	Level Kick
Level 2	Taeguk Yuk(6) Jeong	RL Sliding Roundhouse <i>Switch Stance</i> LL Sliding Roundhouse <i>Turn Head 180° to Right Shoulder</i>	RL Sliding Roundhouse <i>Switch Stance</i> LL Turning Roundhouse RL Back Kick <i>Turn Head 180° to Left Shoulder</i> LL Sliding Roundhouse <i>Switch Stance</i>	16 classes 6 Months Essay 500 Words How can TKD help you defend against health problems and illnesses (Health self defense)	4 Continuous Breaking	Double Nunchuck Level 2 (3move)	Sliding Roundhouse <i>Switch Stance</i> Sliding Roundhouse
	Taeguk Chil(7) Jeong	RL Sliding Roundhouse <i>Switch Stance</i> LL Sliding Roundhouse RL Step 90° CW	RL Turning Roundhouse LL Back Kick LL Step 90° CCW				
	Pyong Won 1-10	LL Sliding Roundhouse <i>Switch Stance</i> RL Sliding Roundhouse <i>Turn Head 180° to Left Shoulder</i>	RL Sliding Roundhouse <i>Switch Stance</i> LL Turning Roundhouse RL Back Kick <i>Turn Head 180° to Left Shoulder</i>				
	Tae Baek	LL Sliding Roundhouse <i>Switch Stance</i> RL Sliding Roundhouse	LL Sliding Roundhouse <i>Switch Stance</i> RL Turning Roundhouse LL Back Kick				
Level 3	Taeguk Pal(8) Jeong	RL Sliding Roundhouse <i>Switch Stance</i> LL Sliding Roundhouse <i>Turn Head 180° to Right Shoulder</i>	RL Sliding Roundhouse <i>Switch Stance</i> LL Turning Roundhouse RL Back Kick <i>Turn Head 180° to Left Shoulder</i> LL Sliding Roundhouse <i>Switch Stance</i>	32 Classes 6 Months Essay 500 words Why do you believe TKD to be a lifelong pursuit?	Knuckle Punch Side Kick Step Behind Side Kick Back Kick Double Up & Down Kick Back Hook Kick Flying Side Kick Soo-Do 5x Continuous Breaking	Double Nunchuck Review level 0-2 and Level 3 (3move) Total 15moves	Sliding Roundhouse <i>Switch Stance</i> Sliding Roundhouse
	Koryo	RL Sliding Roundhouse <i>Switch Stance</i> LL Sliding Roundhouse RL Step 90° CW	RL Turning Roundhouse LL Back Kick LL Step 90° CCW				
	Geumgang	LL Sliding Roundhouse <i>Switch Stance</i> RL Sliding Roundhouse <i>Turn Head 180° to Left Shoulder</i>	RL Sliding Roundhouse <i>Switch Stance</i> LL Turning Roundhouse RL Back Kick <i>Turn Head 180° to Left Shoulder</i>				
	Tae Baek	LL Sliding Roundhouse <i>Switch Stance</i> RL Sliding Roundhouse	LL Sliding Roundhouse <i>Switch Stance</i> RL Turning Roundhouse LL Back Kick				
Pyong Won	LL Sliding Roundhouse <i>Switch Stance</i> RL Sliding Roundhouse	LL Sliding Roundhouse <i>Switch Stance</i> RL Turning Roundhouse LL Back Kick					

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Hand and Self Defense Technique (All Hand & Kicking Techniques are *DESCRIBED* from Left Leg Back Kicking Stance)

Level	Hand Technique I	Hand Technique II	Self Defense I	Self Defense II
Level 0	<p>RH Jab LH Punch RH Elbow <i>Turn Head 180° to Left Shoulder</i> LH Jab RH Punch LH Elbow LL Step 90° CCW RH Jab LH Punch RH Jab <i>Turn Head 180° to Left Shoulder</i> RH Jab LH Punch</p>	<p>RH High Block LH Punch RH Jab <i>Turn Head 180° to Left Shoulder</i> LH High Block RH Punch LH Jab LL Step 90° CW RH Back Fist LH Punch RH Underpunch <i>Turn Head 180° to Left Shoulder</i> RL Back Kick or Jump Back Kick</p>	<p><i>Attacker</i> RH: Punch LL: Step Left LH: Palm Block RH: Grab Wrist RL: Roundhouse (Body) RL: Roundhouse (Head) LH/RH: Grab Wrist RL: Step under 180° LH: Bend RH to ground until you obtain a wrist lock RH: Punch (Face)</p>	<p><i>Attacker</i> RH Punch / LH Punch RL: Step Back LH: Palm Block LL: Step Back RH: Palm Block LL: Roundhouse (Body) RL: Kneel Down RH: Grab Ankle LH: Hug Around Knee & Tackle RH: Spin on ground to Elbow groin</p>
Level 1	<p>RH High Block LH Underpunch LH Elbow Strike <i>Turn Head 180° to Left Shoulder</i> LL Step Behind LH Elbow (Middle) LH Back Fist LL Step 90° CW RH High Block LH Underpunch RL Grabbing with Knee Attack (Bring Back) <i>Turn Head 180° to Left Shoulder</i> Walking LL Back / Jump Back Kick</p>	<p>RH Jab LH Punch RH Jab <i>Turn Head 180° to Left Shoulder</i> LH Jab RH Punch LH Jab LL Step 90° CW RH Jab LH Punch RH Elbow <i>Turn Head 180° to Left Shoulder</i> LL Step Behind Side Kick LH Jab RH Punch LH Jab</p>	<p><i>Attacker</i> RH Punch / LH Punch RH: Inside Body Block LH: Inside Body Block RH: Spinning Knife Attack LH: Spinning Knife Attack RL: Step Forward RH: High Elbow Attack / Back Fist RH: Grabbing Shoulders LL: Slide Back RL: Knee Attack</p>	<p><i>Attacker</i> RH Punch / LH Punch RH: Inside Body Block RH: Outside Body Block RL: Ankle Sweep with RH Push LH: Punch (Face)</p>

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Hand and Self Defense Technique (All Hand & Kicking Techniques are *DESCRIBED* from Left Leg Back Kicking Stance)

Level	Hand Technique I	Hand Technique II	Self Defense I	Self Defense II
Level 2	RH Inside Body Block RH Jab LH Punch RH Jab <i>Turn Head 180° to Left Shoulder</i> LH Jab LH Jab RH Punch RL Step 90° CCW LH Inside Body Block LH Jab RH Punch LH Jab <i>Turn Head 180° to Right Shoulder</i> RH Jab RH Jab LH Punch RL Double Roundhouse	RH High Knife Hand Block LH Ridge Hand LH Outside Knife Hand Attack RH Jab <i>Turn Head 180° to Left Shoulder</i> LH Jab RH Punch LH Jab LL Step 90° CCW RH High Knife Hand Block LH Ridge Hand LH Outside Knife Hand Attack RH Jab <i>Turn Head 180° to Left Shoulder</i> LH Jab RH Punch LH Jab LL Turning Roundhouse	<i>Attacker</i> RH Punch / LH Punch RH: Inside Body Block RH: Outside Body Block RH: Grab RH/Wrist of attacker LL: Roundhouse Kick LL: Roundhouse Kick LH: Grab RH/Wrist of attacker RL: Step Under Arm LH: Hold Elbow (Lock) RL: Kick Back of Right Knee	<i>Attacker</i> RH Punch / LH Punch RH: Outside Knife Hand Block LH: Outside Knife Hand Block RL: Kick Out Right Leg/Ankle RL: Step Behind Side Kick (Face)
Level 3	RH Inside Body Block RH Jab LH Punch RH Jab <i>Turn Head 180° to Left Shoulder</i> LH Jab LH Jab RH Punch RL Step 90° CCW LH Inside Body Block LH Jab RH Punch LH Jab <i>Turn Head 180° to Right Shoulder</i> RH Jab RH Jab LH Punch RL Double Roundhouse	RH High Knife Hand Block LH Ridge Hand LH Outside Knife Hand Attack RH Jab <i>Turn Head 180° to Left Shoulder</i> LH Jab RH Punch LH Jab LL Step 90° CCW RH High Knife Hand Block LH Ridge Hand LH Outside Knife Hand Attack RH Jab <i>Turn Head 180° to Left Shoulder</i> LH Jab RH Punch LH Jab LL Turning Roundhouse	Creative Self Defense Minimum 5 Steps	Creative Self Defense Minimum 5 Steps