

3rd Dan Black Belt

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

| 1 st Dan Level | Poomse | Kicking Technique Hand Technique Self Defense | Attendance Knowledge | Board Break |
|---------------------------|--------------------------------------|--|--|-------------------|
| Level 0 | Taeguk Pal(8) Jeong Sipjin | Creative(minimum 6steps each) Kicking Technique Hand Technique Self Defense | 16 Classes 1 Year Essay 1000 Words What level of courtesy and integrity are expected from a martial arts master, and how can you display that inside and outside dojang? | Judge's Choice |
| Level 1 | Palgwe Pal(8) Jeong Jitae | Creative(minimum 6steps each) Kicking Technique Hand Technique Self Defense | 16 Classes 1 Year Essay 1000 Words What level of perseverance and self-control are expected from a martial arts master, and how can you display that inside and outside dojang? | Judge's Choice |
| Level 2 | Koryo Chonkwon | Creative(minimum 6steps each) Kicking Technique Hand Technique Self Defense | 16 Classes 1 Year Essay 1000 Words What level of integrity is expected from a martial arts master, and how can you display that inside and outside dojang? | Judge's Choice |
| Level 3 | Geumgang Hansu | Creative(minimum 6steps each) Kicking Technique Hand Technique Self Defense | 16 Classes 1 Year Essay 1000 Words What level of self-control is expected from a martial arts master, and how can you display that inside and outside dojang? | Judge's Choice |

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| Level 4 | Tae Baek Ilyeo | Creative(minimum 6steps each) Kicking Technique Hand Technique Self Defense | 16 Classes 1 Year Essay 1000 Words What level of indomitable spirit is expected from a martial arts master, and how can you display that inside and outside dojang? | Judge's Choice |
| Level 5 | Pyongwon Creative Poomse (20 Step) | Creative(minimum 6steps each) Kicking Technique Hand Technique Self Defense | 16 Classes 1 Year Essay 1000 Words What level of Taekwondo Spirit is expected from a martial arts master, and how can you display that inside and outside dojang? | Judge's Choice |
| Level 6 | Taeguk 1-8 Palgwe 1-8 Sipjin Jitae | Creative(minimum 6steps each) Kicking Technique Hand Technique Self Defense | 32 Classes 1 Year Essay 1000 Words What does being a Master mean to me? | Student's Creative Breaking 5 Hand Breaking Technique 5Kick Breaking Technique |