

WHITE BELT (9TH GUP) RANK REQUIREMENTS

Note: There are two levels to each rank, Basic and Advanced. Students will midterm test as a Basic rank and final test as an Advanced rank. Requirements are the same for Basic and Advanced, however, the student is expected to increase proficiency at Advanced ranking. Students should study requirements for the color rank they are currently wearing (not the rank they are promoting to).

<p><u>Student Name:</u></p>	<p>Projected Month/Year for Mid-Term Promotion:_____/_____ Projected Month/Year for Final Promotion to Yellow:_____/_____</p>
<p>White belts should focus on learning the basics and learning them correctly. The student should also learn the importance of showing respect and discipline both in and out of the dojang (training hall).</p>	<p><u>Required training time and tape on belt:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Minimum 12 class hours and 2 months to Mid-Term promotion (colored tape) <input type="checkbox"/> Additional 12 class hours and 2 months to Final promotion (black tape) <input type="checkbox"/> Instructor permission to test (silver tape) <input type="checkbox"/> Teacher/Parent permission to test (gold tape, 12yrs and younger only)
<p><u>Fitness (no time limit):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 sets of 10 jumping jacks, 10 pushups, 10 squats, 10 sit ups 	<p><u>Form/Techniques:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Tae Geuk 1 (WTF form) <input type="checkbox"/> Learn to stand “at ease” <input type="checkbox"/> Learn to stand at attention “Charyeot” <input type="checkbox"/> Learn to bow “Kyong Yeh” <input type="checkbox"/> Learn “ready position”, “Jumbee” <input type="checkbox"/> Hammer fist and Front kick <input type="checkbox"/> Be familiar with Junior Rank requirements
<p><u>Self Defense Applications:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Counter a single wrist grab using the techniques below: <ul style="list-style-type: none"> <input type="checkbox"/> Wrist grab escape, front kick <input type="checkbox"/> Low block, reverse punch <input type="checkbox"/> Circle escape, push <input type="checkbox"/> Advanced: Wrist lock 	<p><u>Sparring:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1-on-1 defensive sparring, no gear required (2-1 min rounds)
<p><u>Board Breaks:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Left Hammerfist <input type="checkbox"/> Right Hammerfist <input type="checkbox"/> Left Front Kick <input type="checkbox"/> Right Front Kick 	<p><u>Terms/Knowledge:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Martial Arts is for self defense only. Follow the Golden Rule. <input type="checkbox"/> Define “Tae Kwon Do”: (Tae-to kick, Kwon-to punch, Do-the way) The Way of Kicking and Punching <input type="checkbox"/> Define “Gup”: means grade (white belts are 9th Gup, yellow are 8th, etc)

YELLOW BELT (8TH GUP) RANK REQUIREMENTS

<u>Student Name:</u> 	Projected Date for Mid-Term Promotion: _____/_____/_____ Projected Date for Final Promotion to Orange: _____/_____/_____
The 8th gup yellow belt student will begin sparring with head and hand gear. The student has learned some of the basics of Taekwondo at this point. Focus on the basics. They will be needed to properly learn advanced techniques later.	<u>Required training time and tape on belt:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Minimum 12 class hours and 2 months to Mid-Term promotion (colored tape) <input type="checkbox"/> Additional 12 class hours and 2 months to Final promotion (black tape) <input type="checkbox"/> Instructor permission to test (silver tape) <input type="checkbox"/> Teacher/Parent permission to test (gold tape, 12yrs and younger only)
<u>Fitness (2 minute time limit):</u> <ul style="list-style-type: none"> <input type="checkbox"/> 2 sets of 10 jumping jacks, 10 pushups, 10 squats, 10 sit ups 	<u>Form/Techniques:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Tae Geuk 2 (WTF form) <input type="checkbox"/> Palm heel and Roundhouse kick
<u>Self Defense Applications:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Counter a shoulder grab using techniques below: <ul style="list-style-type: none"> <input type="checkbox"/> Outside middle block, palm heel <input type="checkbox"/> Inside middle block, roundhouse <input type="checkbox"/> Arm trap, hammer fist <input type="checkbox"/> Advanced: Wrist lock 	<u>Sparring:</u> <ul style="list-style-type: none"> <input type="checkbox"/> 1-on-1 sparring with head, hand, and foot gear (2-1 min. rounds)
<u>Board Breaks:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Left palm heel <input type="checkbox"/> Right palm heel <input type="checkbox"/> Left roundhouse kick <input type="checkbox"/> Right roundhouse kick 	<u>Terms/Knowledge:</u> <ul style="list-style-type: none"> <input type="checkbox"/> "Chulsa" means "Line up" <input type="checkbox"/> "Charyeot" means "Attention" <input type="checkbox"/> "Kyong Yeh" means "Bow"

ORANGE BELT (7TH GUP) RANK REQUIREMENTS

<u>Student Name:</u> 	Projected Month/Year for Mid-Term Promotion: _____ / _____ Projected Month/Year for Final Promotion to Green: _____ / _____
The 7th gup orange belt student continues to focus on the basics. This is the final rank at which the student is considered a beginner. The student should now have a better grasp of the basics and prepare for more difficult techniques and higher expectations from his/her instructor.	<u>Required training time and tape on belt:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Minimum 12 class hours and 2 months to Mid-Term promotion (colored tape) <input type="checkbox"/> Additional 12 class hours and 2 months to Final promotion (black tape) <input type="checkbox"/> Instructor permission to test (silver tape) <input type="checkbox"/> Teacher/Parent permission to test (gold tape, 12yrs and younger only)
<u>Fitness (2 minute time limit):</u> <ul style="list-style-type: none"> <input type="checkbox"/> 2 sets of 10 jumping jacks, 10 pushups, 10 squats, 10 sit ups 	<u>Form/Techniques:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Tae Geuk 3 (WTF form) <input type="checkbox"/> Back fist and Jump front kick <input type="checkbox"/> Ability to tie one's own belt
<u>Self Defense Applications:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Counter a lapel grab using techniques below: <ul style="list-style-type: none"> <input type="checkbox"/> Wrist lock, front kick <input type="checkbox"/> X block, jump front kick <input type="checkbox"/> Backfist, foot sweep <input type="checkbox"/> Advanced: Arm bar 	<u>Sparring:</u> <ul style="list-style-type: none"> <input type="checkbox"/> 1-on-1 sparring (2-1 min. rounds)
<u>Board Breaks (4):</u> <ul style="list-style-type: none"> <input type="checkbox"/> Left back fist <input type="checkbox"/> Right back fist <input type="checkbox"/> Left jump front kick <input type="checkbox"/> Right jump front kick 	<u>Terms:</u> <ul style="list-style-type: none"> <input type="checkbox"/> "Jumbee" means "Ready" <input type="checkbox"/> "She Jak" means "Start" <input type="checkbox"/> "Go Mon" means "Stop"

GREEN BELT (6TH GUP) RANK REQUIREMENTS

<u>Student Name:</u> 	Projected Month/Year for Mid-Term Promotion:_____/_____ Projected Month/Year for Final Promotion to Purple:_____/_____
6th gup green belt marks the point in time where the student is no longer considered a beginner rank. Green belts are considered to be intermediate level students. At this level the student should begin to feel more confident using learned techniques in various ways during sparring and self defense training.	<u>Required training time and tape on belt:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Minimum 12 class hours and 2 months to Mid-Term promotion (colored tape) <input type="checkbox"/> Additional 12 class hours and 2 months to Final promotion (black tape) <input type="checkbox"/> Instructor permission to test (silver tape) <input type="checkbox"/> Teacher/Parent permission to test (gold tape, 12yrs and younger only)
<u>Fitness (3 minute time limit):</u> <ul style="list-style-type: none"> <input type="checkbox"/> 3 sets of 10 jumping jacks, 10 pushups, 10 squats, 10 sit ups 	<u>Form/Techniques:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Tae Geuk 4 (WTF form) <input type="checkbox"/> Elbow strike and Side kick
<u>Self Defense Applications:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Counter a two hand choke from the front using techniques below: <ul style="list-style-type: none"> <input type="checkbox"/> Praying hands escape, head grab, knee strike <input type="checkbox"/> Figure 8 escape, side kick <input type="checkbox"/> Double arm trap, elbow strike <input type="checkbox"/> Advanced: Single leg takedown 	<u>Sparring:</u> <ul style="list-style-type: none"> <input type="checkbox"/> 1-on-1 sparring with head, hand, and foot gear (2-1 min. rounds)
<u>Board Breaks:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Left elbow strike <input type="checkbox"/> Right elbow strike <input type="checkbox"/> Left side kick <input type="checkbox"/> Right side kick 	<u>Terms:</u> <ul style="list-style-type: none"> <input type="checkbox"/> “Dee” means “Belt” <input type="checkbox"/> “Dobak” means “Uniform” <input type="checkbox"/> “Dojang” means “Training Hall”

PURPLE BELT (5TH GUP) RANK REQUIREMENTS

<p><u>Student Name:</u></p>	<p>Projected Month/Year for Mid-Term Promotion: ____/____ Projected Month/Year for Final Promotion to Blue: ____/____</p>
<p>5th gup purple belts are halfway to 1st degree black belt! Continue to train hard and push forward. Hone your strengths and work to eliminate your weaknesses.</p>	<p><u>Required training time:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Minimum 12 class hours and 2 months to Mid-Term promotion (colored tape) <input type="checkbox"/> Additional 12 class hours and 2 months to Final promotion (black tape) <input type="checkbox"/> Instructor permission to test (silver tape) <input type="checkbox"/> Teacher/Parent permission to test (gold tape, 12yrs and younger only)
<p><u>Fitness (3 minute time limit):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 sets of 10 jumping jacks, 10 pushups, 10 squats, 10 sit ups 	<p><u>Form/Techniques:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Tae geuk 5 (WTF form) <input type="checkbox"/> Vertical punch and Axe kick
<p><u>Self Defense Applications:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Counter rear collar grab using techniques below: <ul style="list-style-type: none"> <input type="checkbox"/> Knife hand middle block, choke (front, back, or side) <input type="checkbox"/> Back kick, vertical punch <input type="checkbox"/> Arm Break, foot sweep <input type="checkbox"/> Advanced: Know headlock, rear naked choke, and guillotine choke 	<p><u>Sparring:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1-on-1 sparring with head, hand, and foot gear (2-1 min. rounds)
<p><u>Board Breaks:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Left vertical punch <input type="checkbox"/> Right vertical punch <input type="checkbox"/> Left axe kick <input type="checkbox"/> Right axe kick 	<p><u>Terms:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Count 1-10 (1-5 as basic rank, 1-10 as advanced rank) "Hana, Dool, Set, Net, Da Sut, Ya Sut, Il Gup, Ya Dool, Ahope, Yool"

BLUE BELT (4TH GUP) RANK REQUIREMENTS

<p><u>Student Name:</u></p>	<p>Projected Month/Year for Mid-Term Promotion: ____/____ Projected Month/Year for Final Promotion to Brown: ____/____</p>
<p>4th gup blue belt is the final rank at the intermediate level. Prepare to enter the advanced ranks! Concentrate on learning new, more difficult things, but always try to perfect the basics.</p>	<p><u>Required training time:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Minimum 12 class hours and 2 months to Mid-Term promotion (colored tape) <input type="checkbox"/> Additional 12 class hours and 2 months to Final promotion (black tape) <input type="checkbox"/> Instructor permission to test (silver tape) <input type="checkbox"/> Teacher/Parent permission to test (gold tape, 12yrs and younger only)
<p><u>Fitness (3 minute time limit):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 3 sets of 10 jumping jacks, 10 pushups, 10 squats, 10 sit ups 	<p><u>Form/Techniques:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Tae geuk 6 (WTF form) <input type="checkbox"/> Hook punch and Hook kick
<p><u>Self Defense:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Counter a hook punch using techniques below: <ul style="list-style-type: none"> <input type="checkbox"/> Single middle block, hook punch <input type="checkbox"/> Twin middle block, spin elbow <input type="checkbox"/> Crouching punch, hook kick <input type="checkbox"/> Advanced: Arm trap standing side choke 	<p><u>Sparring:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1-on-1 sparring with head, hand, and foot gear (2-1 min. rounds)
<p><u>Board Breaks:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Left hook punch <input type="checkbox"/> Right hook punch <input type="checkbox"/> Left hook kick <input type="checkbox"/> Right hook kick 	<p><u>Terms:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> "Sun Bae Nim" means "Senior student" <input type="checkbox"/> "Sa Bum Nim" means "Instructor" <input type="checkbox"/> "Kwan Jang Nim" means head of school or organization

BROWN BELT (3RD GUP) RANK REQUIREMENTS

<u>Student Name:</u> 	Projected Month/Year for Mid-Term Promotion: ____/____ Projected Month/Year for Final Promotion to Red: ____/____
As a 3rd gup brown belt, the student is now considered an advanced rank. The rank of 1st degree black draws near! Brown belts should be sure to show good leadership to other students as they are looking up to you.	<u>Required training time:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Minimum 12 class hours and 2 months to Mid-Term promotion (colored tape) <input type="checkbox"/> Additional 12 class hours and 2 months to Final promotion (black tape) <input type="checkbox"/> Instructor permission to test (silver tape) <input type="checkbox"/> Teacher/Parent permission to test (gold tape, 12yrs and younger only)
<u>Fitness (4 minute time limit):</u> <ul style="list-style-type: none"> <input type="checkbox"/> 4 sets of 10 jumping jacks, 10 pushups, 10 squats, 10 sit ups 	<u>Form/Techniques:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Tae geuk 7 (WTF form) <input type="checkbox"/> Uppercut punch and Jump roundhouse kick
<u>Self Defense:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Counter straight punch using techniques below: <ul style="list-style-type: none"> <input type="checkbox"/> Downward palm block, knife hand, uppercut punch <input type="checkbox"/> Inside palm block, front push kick, jump roundhouse <input type="checkbox"/> Outside knife hand block, punch, back fist <input type="checkbox"/> Advanced: Knife hand block with shoulder throw 	<u>Sparring:</u> <ul style="list-style-type: none"> <input type="checkbox"/> 1-on-1 sparring with head, hand, and foot gear (2-1 min. rounds)
<u>Board Breaks:</u> <ul style="list-style-type: none"> <input type="checkbox"/> Left uppercut punch <input type="checkbox"/> Right uppercut punch <input type="checkbox"/> Left jump roundhouse kick (any type) <input type="checkbox"/> Right jump roundhouse kick (any type) 	<u>Terms:</u> <ul style="list-style-type: none"> <input type="checkbox"/> “Sabumnim Con Sa Hom Nee Dha” means “Thank you Instructor” <input type="checkbox"/> “Chun Mun A Oh” means “you are welcome” <input type="checkbox"/> “Dan” means degree of black belt

RED BELT (2ND GUP) RANK REQUIREMENTS

<p><u>Student Name:</u></p>	<p>Projected Month/Year for Mid-Term Promotion: _____/_____ Projected Month/Year for Final Promotion to Red/Black: _____/_____</p>
<p>As a 2nd gup red belt, view the redness of your belt as a warning. Representing both your developing strength as well as your need to control your new abilities responsibly.</p>	<p><u>Required training time:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Minimum 12 class hours and 2 months to Mid-Term promotion (colored tape) <input type="checkbox"/> Additional 12 class hours and 2 months to Final promotion (black tape) <input type="checkbox"/> Instructor permission to test (silver tape) <input type="checkbox"/> Teacher/Parent permission to test (gold tape, 12yrs and younger only)
<p><u>Fitness (4 minute time limit):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 4 sets of 10 jumping jacks, 10 pushups, 10 squats, 10 sit ups 	<p><u>Form/Techniques:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Tae Geuk 8 (WTF form) <input type="checkbox"/> Ridgehand strike and Jump side kick
<p><u>Self Defense:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Counter roundhouse kick using techniques below: <ul style="list-style-type: none"> <input type="checkbox"/> Shin block, jump side kick, spin foot sweep <input type="checkbox"/> Side X block, ridgehand, reverse side kick <input type="checkbox"/> Leg trap, foot sweep takedown, foot stomp and/or strikes <input type="checkbox"/> Advanced: Takedown with ankle lock 	<p><u>Sparring:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1-on-1 sparring with head, hand, and foot gear (2-1 min. rounds)
<p><u>Board Breaks:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Left ridgehand strike <input type="checkbox"/> Right ridgehand strike <input type="checkbox"/> Left jump side or jump flying side kick <input type="checkbox"/> Right jump side or jump flying side kick 	<p><u>Terms:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Define the 5 tenets of Taekwondo (Courtesy, Humility, Integrity, Perseverance, Self Control) <input type="checkbox"/> "Poomse", "Tul", and "Hyung" are all words for "form" or "pattern" in Korean

APPRENTICE BLACK BELT (1ST GUP) RANK REQUIREMENTS

<p>Student Name:</p>	<p>Projected Month/Year for Mid-Term Promotion: ____/____ Projected Month/Year for Final Promotion to 1st Dan Black: ____/____</p>
<p>1st gup apprentice black is the final rank before 1st degree black belt. Apprentice black belts should focus on preparation for their next testing by perfecting technique; building physical, mental, and emotional strength and learning what it means to be a black belt both physically and mentally.</p>	<p><u>Required training time:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Minimum 12 class hours and 2 months to Mid-Term promotion. <input type="checkbox"/> Additional 12 class hours and 2 months to Final promotion
<p><u>Fitness (4 minute time limit):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 4 sets of 10 jumping jacks, 10 pushups, 10 squats, 10 sit ups 	<p><u>Form/Techniques:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Tae geuk 1-8 (WTF forms) <input type="checkbox"/> Ability to fold uniform
<p><u>Self Defense Applications:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> All previous 	<p><u>Sparring:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1-on-1 sparring (1-1 min. rounds) <input type="checkbox"/> 2-on-1 sparring (1-1 min. round) <input type="checkbox"/> RedMan full contact sparring (advanced 1st gup only, 1-1 min. round)
<p><u>Board Breaks (4 or 18 inches total depending on rank):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Basic 1st gup = 4 breaks (all breaks are student's choice) <input type="checkbox"/> Advanced 1st gup = all 16 previous breaks; 2 breaks are student's choice) 	<p><u>Terms/essay:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> All previous (advanced rank only) <input type="checkbox"/> Essay (advanced 1st gup only, written or video): How has Taekwondo changed you? What are your goals as a 1st Dan?

1ST DEGREE BLACK BELT RANK REQUIREMENTS

<p>Student Name:</p>	<p>Projected Month/Year for Final Promotion to 2nd Dan Black: ____ / ____</p>
<p><u>Expectations for Black Belt ranks:</u> Black belts are expected to show courtesy, humility, integrity, perseverance, and self control at all times, both in and out of the dojang. As a black belt, you are held to a higher standard and should strive to improve yourself as a martial artist. You should be a leader and role model to other students. You are expected to take personal responsibility for your own training more now than you may have during your time as a Gup rank.</p>	<p><u>Required training time:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Minimum 1 year at 1st Dan before promotion to 2nd Dan.
<p><u>Fitness (5 minute time limit):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 5 sets of 10 jumping jacks, 10 pushups, 10 squats, and 10 sit ups 	<p><u>Form/Techniques:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Taegeuk 1-8 (WTF forms; perform 1 beginner, 1 intermediate, and 1 advanced at testing) <input type="checkbox"/> Koryo <input type="checkbox"/> Any traditional or created form other than usual set
<p><u>Self Defense Applications:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> All previous ranks <input type="checkbox"/> 3 choreographed SDA's with 1 or more opponents, include, Hand-to-Hand, Gun, and Knife defense situations 	<p><u>Sparring:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1-on-1 sparring (2-1 min. rounds) <input type="checkbox"/> 2-on-1 sparring (1-1 min. round) <input type="checkbox"/> RedMan full contact sparring (1-1 min. round)
<p><u>Board Breaks (18 boards total):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> jumping technique x 1 <input type="checkbox"/> spinning kick x 1 <input type="checkbox"/> spinning hand/arm technique x 1 <input type="checkbox"/> speed break x 1 <input type="checkbox"/> blind break x 1 <input type="checkbox"/> 2 board break x 1 (spaced or stacked) <input type="checkbox"/> All breaks are student's choice until all boards are broken; plan your breaks before testing; demonstrate skill with left and right sides; demonstrate hand, foot, elbow and/or knee techniques. 	<p><u>Terms/essay:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> "Kata" means form in Japanese <input type="checkbox"/> "Gi" means uniform in Japanese <input type="checkbox"/> "Obi" means belt in Japanese <input type="checkbox"/> "Sensei" means teacher/instructor in Japanese <input type="checkbox"/> "IL Dan" means 1st degree <input type="checkbox"/> Essay (written, audio, or video): How does being a black belt compare to your expectations? What are your goals as a 2nd Dan?

2ND DEGREE BLACK BELT RANK REQUIREMENTS

<p>Student Name:</p>	<p>Projected Month/Year for Final Promotion to 3rd Dan Black: ____/____</p>
<p><u>Expectations for Black Belt ranks:</u> Black belts are expected to show courtesy, humility, integrity, perseverance, and self control at all times, both in and out of the dojang. As a black belt, you are held to a higher standard and should strive to improve yourself as a martial artist. You should be a leader and role model to other students. You are expected to take personal responsibility for your own training more now than you may have during your time as a Gup rank.</p>	<p><u>Required training time:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Minimum 2 years at 2nd Dan before promotion to 3rd Dan. <input type="checkbox"/> Yearly demonstration
<p><u>Fitness (5 minute time limit):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 5 sets of 10 jumping jacks, 10 pushups, 10 squats, and 10 sit ups 	<p><u>Form/Techniques:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Taegeuk 1-8 (WTF forms; perform 1 beginner, 1 intermediate, and 1 advanced at testing) <input type="checkbox"/> Koryo and Keumgang <input type="checkbox"/> Any traditional or created form other than usual set
<p><u>Self Defense Applications:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> All previous ranks <input type="checkbox"/> 3 choreographed SDA's with 1 or more opponents, include, Hand-to-Hand, Gun, and Knife defense situations 	<p><u>Sparring:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1-on-1 sparring (3-1 min. rounds) <input type="checkbox"/> 2-on-1 sparring (1-1 min. round) <input type="checkbox"/> RedMan full contact sparring (1-1 min. round)
<p><u>Board Breaks (18 boards total):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> jumping break x 1 <input type="checkbox"/> spinning kick break x 1 <input type="checkbox"/> spinning hand/arm technique x 1 <input type="checkbox"/> speed break x 1 <input type="checkbox"/> 2 board break x 2 (spaced or stacked) <input type="checkbox"/> blind hand/arm break x 1 <input type="checkbox"/> blind kicking break x 1 <input type="checkbox"/> All breaks are student's choice until all boards are broken; plan your breaks before testing; demonstrate skill with left and right sides; demonstrate hand, foot, elbow and/or knee techniques. 	<p><u>Terms/essay:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> "Tang Soo Do" means Way of the China Hand <input type="checkbox"/> "Karate" means Empty Hand <input type="checkbox"/> "Hapkido" means Way of Harmony <input type="checkbox"/> "E Dan" means 2nd degree <input type="checkbox"/> Essay (written or video): Your journey through 2nd Dan and your hopes as a 3rd Dan

3RD DEGREE BLACK BELT RANK REQUIREMENTS

<p>Student Name:</p>	<p>Projected Month/Year for Final Promotion to 4th Dan Black: ____/____</p>
<p><u>Expectations for Black Belt ranks:</u> Black belts are expected to show courtesy, humility, integrity, perseverance, and self control at all times, both in and out of the dojang. As a black belt, you are held to a higher standard and should strive to improve yourself as a martial artist. You should be a leader and role model to other students. You are expected to take personal responsibility for your own training more now than you may have during your time as a Gup rank.</p>	<p><u>Required training time:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Minimum 3 years at 3rd Dan before promotion to 4th Dan. <input type="checkbox"/> Yearly demonstration
<p><u>Fitness (5 minute time limit):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 5 sets of 10 jumping jacks, 10 pushups, 10 squats, and 10 sit ups 	<p><u>Form/Techniques:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Taegeuk 1-8 (WTF forms; perform 1 beginner, 1 intermediate, and 1 advanced at testing) <input type="checkbox"/> Koryo, Keumgang, Taebaek <input type="checkbox"/> Any traditional form other than usual set
<p><u>Self Defense Applications:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> All previous ranks <input type="checkbox"/> 3 choreographed SDA's with 1 or more opponents, include, Hand-to-Hand, Gun, and Knife defense situations 	<p><u>Sparring:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1-on-1 sparring (4-1 min. rounds) <input type="checkbox"/> 2-on-1 sparring (1-1 min. round) <input type="checkbox"/> RedMan full contact sparring (1-1 min. round)
<p><u>Board Breaks (18 boards total):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> jumping over obstacle break x 1 <input type="checkbox"/> spinning kick break x 1 <input type="checkbox"/> spinning hand/arm technique x 1 <input type="checkbox"/> speed break x 1 <input type="checkbox"/> 2 board break x 1 (spaced or stacked) <input type="checkbox"/> 3 board break x 1 (spaced or stacked) <input type="checkbox"/> blind hand/arm break x 1 <input type="checkbox"/> blind kicking break x 1 <input type="checkbox"/> All breaks are student's choice until all boards are broken; plan your breaks before testing; demonstrate skill with left and right sides; demonstrate hand, foot, elbow and/or knee techniques. 	<p><u>Terms/essay:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> "Dare Ee On" means sparring <input type="checkbox"/> "Mu Do" means Martial Arts <input type="checkbox"/> "Sam Dan" means 3rd degree <input type="checkbox"/> How was Taekwondo formed? <input type="checkbox"/> Essay (written or video): Your journey as a 3rd dan and your hopes as a 4th Dan

4TH DEGREE BLACK BELT RANK REQUIREMENTS

<p>Student Name:</p>	<p>Projected Month/Year for Final Promotion to 4th Dan Black: ____ / ____</p>
<p><u>Expectations for Black Belt ranks:</u> Black belts are expected to show courtesy, humility, integrity, perseverance, and self control at all times, both in and out of the dojang. As a black belt, you are held to a higher standard and should strive to improve yourself as a martial artist. You should be a leader and role model to other students. You are expected to take personal responsibility for your own training more now than you may have during your time as a Gup rank.</p>	<p><u>Required training time:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Minimum 3 years at 3rd Dan before promotion to 4th Dan. <input type="checkbox"/> Yearly demonstration
<p><u>Terms/essay:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> "Sa Dan" means 4th degree <input type="checkbox"/> Essay (written, audio, or video): Your journey as a 4th dan and your hopes as a 5th Dan 	<p><u>Form/Techniques:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Taegeuk 1-8 (WTF forms; perform 1 beginner, 1 intermediate, and 1 advanced at testing) <input type="checkbox"/> Koryo, Keumgang, Taebaek, <input type="checkbox"/> Any traditional or created form other than usual set
<p><u>Self Defense Applications:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> All previous ranks <input type="checkbox"/> 3 choreographed SDA's with 1 or more opponents, include, Hand-to-Hand, Gun, and Knife defense situations 	<p><u>Sparring:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1-on-1 sparring (4-1 min. rounds) <input type="checkbox"/> 2-on-1 sparring (1-1 min. round) <input type="checkbox"/> RedMan full contact sparring (1-1 min. round)
<p><u>Board Breaks (18 boards total):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> jumping over obstacle break x 1 <input type="checkbox"/> spinning kick break x 1 <input type="checkbox"/> spinning hand/arm technique x 1 <input type="checkbox"/> speed break x 1 <input type="checkbox"/> 2 board break x 1 (spaced or stacked) <input type="checkbox"/> 3 board break x 1 (spaced or stacked) <input type="checkbox"/> 4 board break x 1 (spaced or stacked) <input type="checkbox"/> blind hand break x 1 <input type="checkbox"/> blind kicking break x 1 <input type="checkbox"/> All breaks are student's choice until all boards are broken; plan your breaks before testing; demonstrate skill with left and right sides; demonstrate hand, foot, elbow and/or knee techniques. 	<p><u>Fitness (5 minute time limit):</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 5 sets of 10 jumping jacks, 10 pushups, 10 squats, and 10 sit ups