

# 1 Dan/Poom Black Belt

(1-2<sup>nd</sup> Geup)

<b>POOMSAE (Form)</b>	KORYO / PALGWAE 1 JANG, 2 JANG, 3 JANG
<b>YEON KYEOL BAL CHA KI (Combination kicks)</b>	1-10. 11. Fast roundhouse kick – jump back kick 12. Fast roundhouse kick – inside axe kick - outside axe kick 13. Fast roundhouse kick – double roundhouse kick – fast axe kick 14. Fast roundhouse kick – double roundhouse kick – tornado kick 15. Fast roundhouse kick – fast axe kick – jump front snap kick
<b>HAN BUN KYUROOGI (One step sparring)</b>	16. Inside axe kick – Back kick 17. Back spin hook kick 18. Side step (inside) – Roundhouse kick - Grab one’s arm & shoulder – Sweep to take down - Punch 19. Side step (outside) – Roundhouse kick – Grab one’s arm & shoulder – Sweep to take down – Wrist joint lock 20. Horse riding stance - Single knife hand block – Roundhouse kick – Grab one’s wrist – Slide in – Step behind one’s back & twist one’s wrist - Chocking
<b>KYUK PHA(Breaking)</b>	Select one technique from <b>YEON KYEOL BAL CHA KI 11-15</b>
<b>MOOKISOOL (Weapon tech)</b>	JANG BONG KIBON DOLRHEEGI 1. Figure 8 motion (single hand) / 2. Figure 8 motion (Both hands) 3. Figure 8 pass / 4. Front side spinning / 5. Spinning around waist
<b>KYUROOGI(Sparring)</b>	Free Sparring (Olympic Style)
<b>Korean Terms:</b>	#3

## Testing for 1-1<sup>st</sup> Geup Black Belt

*Student must have minimum time (20 classes) requirements.*

### Techniques you will be asked to demonstrate:

- **POOMSAE – KORYO / PALGWAE 3 JANG**
- **YEON KYEOL BAL CHA KI (Combination Kicks) : 11-15**
- **HAN BUN KYUROOGI (One step sparring): 16-20**
- **KYUK PHA (Breaking) :** Select one technique from **YEON KYEOL BAL CHA KI**
- **KYUROOGI (sparring):** Free sparring (Olympic Style)
- Taekwondo Tournament Experience
- Knowledge of **Korean Terms #3**

*Black Belt Excellence*