

1 Dan/Poom Black Belt

(1-3rd Geup)

POOMSAE (Form)	KORYO / PALGWAE 1 JANG, 2 JANG
YEON KYEOL BAL CHA KI (Combination kicks)	1-8. 9. Jump axe kick 10. Jump back kick
HAN BUN KYUROOGI (One step sparring)	11. Outside axe kick – Front snap kick – Knife block & Punch 12. Inside axe kick – Side kick (middle) – Punch (face) 13. Horse riding stance – Knife hand block & Knife hand strike 1, 2 – Knee kick – Sweep to take down - Punch 14. Horse riding stance – Knife hand block – Elbow strike - Sweep to take down - Punch 15. Back stance – Single Knife hand block – slide in & locking the elbow – Elbow strike – Knee kick – Elbow strike (downward)
KYUK PHA(Breaking)	Select one technique from YEON KYEOL BAL CHA KI 1-10
MOOKISOOL (Weapon tech)	JANG BONG SOOL BANG UH (12 blocks) JANG BONG SOOL GONG KYUK (12 attacks)
KYUROOGI(Sparring)	Free Sparring (Olympic Style)
Korean Terms:	#3

Testing for 1-2nd Geup Black Belt

Student must have minimum time (20 classes) requirements.

Techniques you will be asked to demonstrate:

- **POOMSAE – KORYO / PALGWAE 2 JANG**
- **YEON KYEOL BAL CHA KI (Combination Kicks) : 1-10**
- **HAN BUN KYUROOGI (One step sparring): 11-15**
- **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