

1 Dan/Poom Black Belt

(1-5th Geup)

POOMSAE (Form)	KORYO
YEON KYEOL BAL CHA KI (Combination kicks)	<ol style="list-style-type: none"> 1. Fast roundhouse kick – roundhouse kick – back kick 2. Fast roundhouse kick – roundhouse kick – Axe kick 3. Fast roundhouse kick – roundhouse kick – front hook kick 4. Fast roundhouse kick – roundhouse kick – Back spin hook kick 5. Fast roundhouse kick – double roundhouse kick
HAN BUN KYUROOGI (One step sparring)	<ol style="list-style-type: none"> 1. Horse riding stance – (L) Inside block – Double punch (middle, high) 2. Horse riding stance – (L) Single knife hand block – Knife hand strike 1.2(neck) 3. Horse riding stance – (R) Inside block – Elbow strike – Back fist (face) 4. Horse riding stance - (L) Palm block - Double punch (high, middle) – (R) Roundhouse kick 5. Front stance – (R) Single knife hand block – Knee kick
KYUK PHA (Breaking)	Select one technique from YEON KYEOL BAL CHA KI
MOOKISOOL (Weapon tech)	Starting from 1-4 th Geup
KYUROOGI(Sparring)	Free Sparring (Olympic Style)
Korean Terms:	#3

Testing for 1-4th Geup Black Belt

Student must have minimum time (20 classes) requirements.

Techniques you will be asked to demonstrate:

- **POOMSAE – KORYO**
- **YEON KYEOL BAL CHA KI (Combination Kicks) :1-5**
- **HAN BUN KYUROOGI (One step sparring):1-5**
- **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