

## TEST FOR BLACK BELT

### 2nd Dan

Students may be called upon to perform any technique learned during several years of training. All moves must be done correctly and with precision and skill.

**TESTING REQUIREMENTS:** Students must have completed a least two years of training, completing a minimum of 200 lessons, since achieving the rank of 1st Dan. They must have also completed 80 hours of assistant teaching since becoming 1st Dan. Students must have attended 5 tournaments and participated in a 6 demonstrations since their promotion to Black Belt. Students must have learned and mastered three new Black Belt forms, practicing each for a minimum of 8 months.

Candidates must write and turn in an essay of no less than 6 pages ( typed and double spaced ) on any aspect of Taekwon-Do. Develop one or several topics of interest to you, and go into some depth in discussing them in your own words, and relating them to your own experience ( Sparring, Self-Defense, Self-Control, Oneness, Forms, 5 Tenants of Taekwon-Do, etc. ).

#### TESTING PROCESS:

While some techniques are a repetition of 1st Dan requirements, it is expected that students for the rank of 2nd Dan will perform them with greater skill and power.

Students must perform the first nine Hyungs, plus the three new forms required for 2nd Degree. Students must have learned their new forms and practiced them for at least 8 months. No new form will be taught until the prior form has been mastered.

Students must demonstrate all sixteen Two and Three Step Sparring Techniques.

Students must demonstrate the first eight Black Belt - One, Two and Three Step Sparring self-defense technique. Students must demonstrate six unscripted attacks with ATTACKERS using kicks, punches and strikes. The DEFENDER will block or evade and then counterattack with one or several techniques. At least two of the attacks must include a take down as part of the counterattack with a stomp or a pin to immobilize or incapacitate the attacker.

Students will do the first twelve Knife Defenses with a partner.

Students must perform four new Black Belt Knife Defenses.

Students will perform all twenty four Ho Sin Sol Techniques.

Students must perform four new Black Belt Ho Sin Suls.

Students must respond to ten grabs or attacks that are spontaneous in nature. Defenders use techniques and methods of their own choice.

Students must perform two Ground Techniques.

Students must respond to hand held targets presented at different angles with an emphasis on power, balance and speed when striking the targets.

Students must spar with another Black Belt Candidate or a student of advanced rank for 3 minutes.

Students must do 3 minutes of Karate Style Sparring with another student of advanced rank.

Students must spar with three students at once, Three-On-One.

**BOARD BREAKING:** Some breaks require a maximum number of boards. Other breaks require a smaller number of boards. When maximum breaks are required, the following standard will apply.

**Maximum Breaks for Men and Boys**

6 – 13 yr    One Board  
14 – 16 yr    Two Boards  
17 and up    Four Boards

**Maximum Breaks for Women and Girls**

6 – 14 yr    One Board  
15 – 16 yr    Two Boards  
17 and up    Three Boards

Stepping Behind Side Kick through **Maximum Number of Boards**

Stepping in Front Heel Kick through **Maximum Number of Boards**

Choice of either Single Jumping Side Kick or Standard Jumping Side Kick

Flying Side Kick

Stepping in Three Hundred and Sixty Degree Back Kick.

Spinning Back Kick ( either grounded or jumping ).

Spinning Hook Kick

Twisting Kick

Roundhouse Kick

Axe Kick

Inside Crescent Kick

Break with two kicks to two separate targets. Kicks of your own choice with set ups determined by the candidate. Candidates over 16 may use single or multiple boards. Under 16, single boards.

**HAND TECHNIQUES:**

Palm Heel Strike ( Horizontally )    Maximum Break

6 – 16 yr One Board

17 and Older

Men    Three Boards

Women    Two Boards

Ridgehand Strike ( Horizontal or Vertical )

Elbow Strike Downward

Elbow Strike ( Horizontally )

Backward Elbow Strike

Punch ( Horizontally )

Hammerfist ( Horizontally )

In one Set Up, two different breaks to two targets, using hand techniques of your choice. Candidates over 16 may use single or multiple boards. Students under 16 will use single boards.

### **BLACK BELT – One, Two and Three Step Sparring:**

Moves are repeated with both Right and Left attacks.

1. **ATTACKER** starts in Choon Bee, steps forward and does a Middle Punch, right hand.

**DEFENDER** steps back with the right foot, Knifehand Single Forearm Block. Grab wrist, step past your attacker and throw person over your leg. Keeping hold of the hand, punch to partner's face. Repeat with left hand attack and appropriate defense.

2. **ATTACKER** steps forward and does a right High Punch.

**DEFENDER** steps back with the right foot and does a Knifehand Rising Block. Grab wrist, step behind and push partner off balance while sweeping leg. Repeat with left High Punch.

3. **ATTACKER** steps forward and does a right High Punch.

**DEFENDER** steps back with the right foot, Knifehand Rising block. Step in close to your partner and turn, pull partner close to your body and bend your legs, lowering your body. Keep partner tight against you, and lift with your legs while pulling hard on the arm, executing a hip throw. After they land, stomp, selecting a vulnerable target. Repeat with left High Punch.

4. **ATTACKER** does a Reverse Front Kick with the right leg.

**DEFENDER** stands in right Front Stance and moves left leg forward while sliding the back foot out of the way. Grab leg with your back arm ( right arm) and do an Elbow Strike to the leg with your left arm. You may strike to the muscles of the leg or the knee, but do so carefully so as not to injure your partner. Repeat with a Left Reverse Front kick and the appropriate defense.

5. **ATTACKER** does a Lead Leg Front Kick.

**DEFENDER** stands at Choon Bee and shifts forward, grabbing leg with back arm and delivers an Elbow Strike with front arm. Be careful not to injure your partner. Repeat on both sides.

6. **ATTACKER** does a right, Lead Leg Front Kick.

**DEFENDER** stands in left Front Stance, moves right leg forward and back leg forward and to the side. Grab right leg with back arm. Elbow Strike to captured leg. Be careful not to injure partner. Repeat on both sides.

7. **ATTACKER** does a stepping in front kick to the middle of the body with the right leg.

**DEFENDER** stands in Choon Bee and steps back with the right leg and grabs partner's leg with the back arm and brings his front elbow down on his partner's leg. Be careful not to injure partner. Repeat on both sides.

8. **ATTACKER** does a right, Stepping in Front Kick to partner's face.

**DEFENDER** stands in right Front Stance and steps back to another Front Stance and does a Rising Block with the left hand, lifting up partner's leg. Grab leg with the right hand, followed by grabbing with the left hand. Lift partner's leg until partner falls. Only complete the fall if mats are available. Repeat with left leg attack.

## **BLACK BELT KNIFE DEFENSES**

Repeat moves with both **right** and **left** hand attacks and defenses.

1. **ATTACKER** does midlevel knife attack with right hand.

**DEFENDER** stands in right Front Stance or Choon Bee and swings left leg to the right when attack begins and grabs the top of partner's hand with their right hand. Return to center and turn hand. Grab wrist with other hand. Twist using both hands to force the **ATTACKER'S** hand upright and back toward **ATTACKER'S** head. This move will force partner to his knees. Place left hand under his elbow. Step forward with the left foot, turn and force partner down. Drop to one knee, with your knee on the back of the arm above partner's elbow. Keeping hold of partner's hand, bend it to force the release of the knife. Grab knife with your free hand. Repeat using left hand knife attack.

2. **ATTACKER** does over hand knife attack using right hand.

**DEFENDER** steps back, does arc hand block. Grasp the hand tightly and turn hand so knife will not cut your hand. Do arc strike to the throat. Grab throat, step behind **ATTACKER** and throw, keeping hold of wrist. Stomp to any target ( ribs, solar plexus, groin, neck, face etc). Use control. Do not injure your partner. Kneel, placing your partner's arm over your inside knee. Place your hand back on partner's throat. Force release of knife by pressing your hand on partner's wrist and pushing down on his arm as it lies across your inside knee. After forcing the release, slide your left knee forward to pin arm. Retrieve the knife. Repeat with left hand attack and defense.

3. **ATTACKER** does right Middle Knife Attacks.

**DEFENDER** stands in Right Front Stance. Grab wrist with both hands while stepping back with lead leg, pulling **ATTACKER** down and forward. Keep knife close to the floor. Raise knife as you step forward and turn, swinging partner's arm over your left shoulder. Do an arm break. Step back keeping hold of wrist with your right hand and place your left hand on partner's shoulder. Turn, moving your outside foot so partner falls. Repeat with left hand attack.

4. ATTACKER steps forward with right foot and does High Overhand Attack with knife, using the right hand.

DEFENDER steps back with right foot and does a Knifehand Block. Grab wrist and do a Palmheel Strike to the chin. Keeping palm on the chin, step behind ATTACKER placing your right foot behind ATTACKER'S foot. Push, forcing partner to fall, while keeping hold of the wrist. Stomp to any target. Straighten arm and twist hand to force release. Retrieve knife, while keeping hold of partner's hand. Repeat with left hand attack and defense.

#### **HO SIN SULS:**

1. ATTACKER puts both hand on your chest to push.

DEFENDER grabs both hands holding them to his chest and steps back, forcing partner down. When partner is bent over, DEFENDER releases both hands and does Twin Knifehand Strikes to the neck and then the temples.

2. Shake hands. Partner begins to crush your hand ( simulate ).

DEFENDER presses knuckles between first and second finger until ATTACKER releases his grip. Grab ATTACKER'S right arm and lift as you swing under his arm and step behind him. Put left hand on his shoulder and push forward so he is off balance as you place your left foot on the back of his leg. Force partner down and hold him there. This type of defense is not limited to shaking partner's hand. You can initiate this defense by reaching forward and grabbing partner's hand. Repeat, using the left hand.

3. ATTACKER shakes hand and then begins to crush your hand.

DEFENDER grabs wrist and lifts ATTACKER'S hand. Step under their arm. Your back will briefly face your partner as you turn in a counterclockwise direction. End the turn next to your partner, both of you facing the same direction. Hold ATTACKER'S hand upright while turning their hand in a painful lock. Again, this move does not have to start by shaking hands. You can reach forward and grab an ATTACKER'S hand to initiate the Defense. Repeat, using the left hand.

4. ATTACKER shakes hand and then begins to crush your hand.

DEFENDER grabs a finger and twists to force a release. Keeping the finger levered, step back and do a Reverse Front Kick to the solar plexus or groin. Repeat on the left side.

#### **FLOOR TECHNIQUES:**

When possible, use mats for these techniques. On hard floors use extreme caution.

1. ATTACKER stands in Choon Bee.

DEFENDER drops to the ground. Lock back of partner's foot with your right leg and push against partner's leg just below the knee until partner falls.

2. ATTACKER stands sideways to partner in a fighting position.

DEFENDER drops to the floor. Lock partner's legs with both of your legs and roll to one side, causing your partner to fall. This can be done rolling to either side.

These types of defenses can be done with DEFENDER lying on the ground, either because he fell, or is reclining on the ground.

ALWAYS show respect for your partner by practicing these safely and with control.