

BLACK STRIPE

TAEKWON-DO REQUIREMENTS

1ST GUP (BLACK STRIPE) test for 1ST GUP (DOUBLE BLACK STRIPE)

Name: (Please print First and Last)	Signature:	Age:
I hereby request to be tested for a higher rank and agree that the examiner shall be the only persons who are qualified to place me on the basis of my technique, knowledge of the art and attitude.		Date of completion:

▶ ATTENDANCE

Attend a minimum of 64 Advanced level classes.

<input type="checkbox"/> 1: DATE _____	<input type="checkbox"/> 17: DATE _____	<input type="checkbox"/> 33: DATE _____	<input type="checkbox"/> 49: DATE _____
<input type="checkbox"/> 2: DATE _____	<input type="checkbox"/> 18: DATE _____	<input type="checkbox"/> 34: DATE _____	<input type="checkbox"/> 50: DATE _____
<input type="checkbox"/> 3: DATE _____	<input type="checkbox"/> 19: DATE _____	<input type="checkbox"/> 35: DATE _____	<input type="checkbox"/> 51: DATE _____
<input type="checkbox"/> 4: DATE _____	<input type="checkbox"/> 20: DATE _____	<input type="checkbox"/> 36: DATE _____	<input type="checkbox"/> 52: DATE _____
<input type="checkbox"/> 5: DATE _____	<input type="checkbox"/> 21: DATE _____	<input type="checkbox"/> 37: DATE _____	<input type="checkbox"/> 53: DATE _____
<input type="checkbox"/> 6: DATE _____	<input type="checkbox"/> 22: DATE _____	<input type="checkbox"/> 38: DATE _____	<input type="checkbox"/> 54: DATE _____
<input type="checkbox"/> 7: DATE _____	<input type="checkbox"/> 23: DATE _____	<input type="checkbox"/> 39: DATE _____	<input type="checkbox"/> 55: DATE _____
<input type="checkbox"/> 8: DATE _____	<input type="checkbox"/> 24: DATE _____	<input type="checkbox"/> 40: DATE _____	<input type="checkbox"/> 56: DATE _____
<input type="checkbox"/> 9: DATE _____	<input type="checkbox"/> 25: DATE _____	<input type="checkbox"/> 41: DATE _____	<input type="checkbox"/> 57: DATE _____
<input type="checkbox"/> 10: DATE _____	<input type="checkbox"/> 26: DATE _____	<input type="checkbox"/> 42: DATE _____	<input type="checkbox"/> 58: DATE _____
<input type="checkbox"/> 11: DATE _____	<input type="checkbox"/> 27: DATE _____	<input type="checkbox"/> 43: DATE _____	<input type="checkbox"/> 59: DATE _____
<input type="checkbox"/> 12: DATE _____	<input type="checkbox"/> 28: DATE _____	<input type="checkbox"/> 44: DATE _____	<input type="checkbox"/> 60: DATE _____
<input type="checkbox"/> 13: DATE _____	<input type="checkbox"/> 29: DATE _____	<input type="checkbox"/> 45: DATE _____	<input type="checkbox"/> 61: DATE _____
<input type="checkbox"/> 14: DATE _____	<input type="checkbox"/> 30: DATE _____	<input type="checkbox"/> 46: DATE _____	<input type="checkbox"/> 62: DATE _____
<input type="checkbox"/> 15: DATE _____	<input type="checkbox"/> 31: DATE _____	<input type="checkbox"/> 47: DATE _____	<input type="checkbox"/> 63: DATE _____
<input type="checkbox"/> 16: DATE _____	<input type="checkbox"/> 32: DATE _____	<input type="checkbox"/> 48: DATE _____	<input type="checkbox"/> 64: DATE _____

In addition to the above classes, the student must be able to demonstrate the following items with precision, balance and power. (Each section and attendance must be signed by an assistant instructor or instructor where appropriate.)

▶ CITIZENSHIP (Social & Academic)

On going demonstration of good discipline:
COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT

At home, school, and public (Including grade point average)

<input type="checkbox"/> COMPLETE	Parent's Name: (If the student is under the age of 18):
_____ DATE:	Parent's Signature:

In Studio

<input type="checkbox"/> COMPLETE	Examiner's Name (Print Name):
_____ DATE:	Examiner's Signature:

▶ STANCES

- No new stances

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

▶ HAND TECHNIQUES

- Inward front strike with the reverse knife-hand
- Inward block with the outer forearm
- Checking block with the x-knife-hand
- Upward block with the twin palms

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

▶ CONDITIONING

- Maximum Push-ups in one minute
- Maximum Sit-Ups in one minute
- Maximum Pull-ups in one minute
- Handstand for minimum of 3 seconds
- Run 1 mile
- Stretching - Side & Front Splits, Feet together

MEASUREMENTS

Side Splits: _____ Feet together: _____

Front Splits Right: _____ Front Splits Left: _____

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

▶ KICKING

- Sliding Reverse Turning Kick
- Flying 360° Reverse Hook Kick (offensive)
- Flying 360° Back Piercing Kick
- Flying Twin foot Front Snap Kick - 1 & 2 targets

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

▶ BREAKING

Children (Ages 13 and under)

- 1/2 Board consecutive kick
(Front snap kick, Side Turning kick)

Women & Juniors (Juniors age 13 to 17)

- 1/2 Board consecutive kick
(Front snap kick, Side Turning kick)

Men (Ages 18 and above)

- 1 Board consecutive kick
(Front snap kick, Side Turning kick)

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

▶ STEP SPARRING

- 1-step sparring exercise number 5:
Attacker: Right leg back right L-stance Back Piercing Kick.
Defender: From Parallel Stance right Front Checking Kick.
Counter Attack: Sliding inward right-Side Elbow Thrust, right Back Snap Kick, right Outward Pressing Kick, set the foot down into a right Walking Stance left Knifehand Downward Strike.
- 1-step sparring exercise number 6:
Attacker: Parallel Stance, step forward with left leg into a left Walking Stance left High Fore fist Punch.
Defender: From Closed Stance Inner Forearm Side Front Block.
Counter Attack: Step forward with left leg into a right L-stance right Upward Fore fist Punch, step back with left leg into a right Vertical Stance left Downward Knifehand Strike, jump away mid-air 180° Reverse Hook Kick, landing step back into right L-stance Guarding Block.

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

▶ PATTERN

- Choong-Moo

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name): _____
	Examiner's Signature: _____

▶ SEMI-FREE SPARRING

○ Beginning semi-free sparring

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name):
	Examiner's Signature:

▶ REQUIRED KNOWLEDGE

○ **Counting to 90 in Korean:**

91 - Ahun HANA 96 - Ahun YASUT
92 - Ahun DOOL 97 - Ahun ILGOP
93 - Ahun SET 98 - Ahun YAUDUL
94 - Ahun NET 99 - Ahun AHAUL
95 - Ahun TASUT 100 - BA-EK

- **The Choong-Moo pattern Interpretation:** Choong-Moo was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which was said to be the precursor of the present-day submarine. The reason for this pattern ending in a left-hand attack is to symbolize his regrettable death. Checked by the forced reservation of his loyalty to the King, Yi Sun-Sin was given no chance in his lifetime to show his unrestrained potentiality.

Choong-Moo has 30 movements, and its diagram is a capital "I".

- **The meaning of Black Belt:** Black is the opposite of white, therefore, signifying the student's maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

○ **The eight parts of "Training Secrets of Taekwon-Do":**

1. To study the theory of power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement of eyes, hands, feet and breath into a single coordinated action.
4. To choose the appropriate attacking tool for each vital spot.
5. To become familiar with the correct angle and distance for attack and defense.
6. Keep both the arms and legs bent slightly while the movement is in motion.
7. All movements must begin with a backward motion with very few exceptions.
8. To create a sine wave during the movement by utilizing the knee spring properly.

<input type="checkbox"/> COMPLETE DATE: _____	Examiner's Name (Print Name):
	Examiner's Signature: