

Black Belt Promotion Test Syllabus

Red Black Belt Syllabus

(Red Black Belt (1 Geup) To Black Belt 1st Dan / Poom)

1. Pre-Test
 - a. Written Test
 - b. Holding Board Test
2. Poomsae –Taeguk 1 to Taeguk 8
3. Self Defense – All Blue Red Belt to Red Black Belt Self Defense
4. Step Sparring – All White Belt to Blue Belt Step Sparring
5. Breaking
 - a. Roundhouse Kick
 - b. Side Kick
 - c. Back Kick
 - d. Back Hook Kick
 - e. Knife Hand Chop
 - f. Punching
 - g. Jump High Kick
 - h. Jump Side Kick
6. Free Sparring
7. Flexibility Test
8. Physical Test
9. Minimum 30 Lessons of Training

Black Belt 1st Dan Syllabus

(Black Belt 1st Dan / Poom To Black Belt 2nd Dan / Poom)

1. Pre-Test
 - a. Written Test
 - b. Holding Board Test
2. Poomsae – Taeguek 1 to Taeguek 8 and Koryo
3. Self Defense
 - a. All Blue Red Belt to Red Black Belt
 - b. 5 x Black Belt 1st Dan Self Defense
4. Step Sparring
 - a. All White Belt to Blue Belt
 - b. 5 x Black Belt 1st Dan Step Sparring
 - c. 10 x Black Belt 1st Dan Kicking Step Sparring
5. Breaking
 - a. 360° Jump Roundhouse Kick
 - b. 360° Jump Side Kick
 - c. 360° Jump Back Kick
 - d. 360° Jump Back Hook Kick
 - e. 360° Jump Hammer Kick
 - f. Dangle Board Knife Hand Chop
 - g. Dangle Board Punching
 - h. Two combinations of two kicks in the air
 - i. Jump Side – Roundhouse Kick
 - j. Any combination of your choice
6. Free Sparring
7. Flexibility Test
8. Physical Test
9. Minimum 2 Years of Training

Black Belt 2nd Dan Syllabus

(Black Belt 2nd Dan / Poom To Black Belt 3rd Dan / Poom)

1. Pre-Test
 - i. Written Test
 - ii. Holding Board Test
2. Poomsae – Taeguek 1 to Taeguek 8, Koryo and Keumgang
3. Self Defense
 - a. All Blue Red Belt to Red Black Belt
 - b. 5 x Black Belt 1st Dan Self Defense
 - c. 5 x Knife – Hand Self Defense
 - d. Step Sparring
 - e. All White Belt to Blue Belt
 - f. 5 x Black Belt 1st Dan Step Sparring
 - g. 10 x Black Belt 1st Dan Kicking Step Sparring
 - h. 5 x Stick – Knife Step Sparring
 - i. 5 x Black Belt 2nd Dan Kicking Step Sparring
4. Breaking
 - a. Dangle Board Jump Roundhouse Kick
 - b. Dangle Board Jump Side Kick
 - c. Dangle Board Jump Back Kick
 - d. Dangle Board Jump Back Hook Kick
 - e. One Inch Knife Hand Chop
 - f. One Inch Punching
 - g. Two combinations of three kicks in the air
 - h. Jump Split - Roundhouse Kick
 - i. Any combination of your choice
5. Free Sparring
6. Flexibility Test & Physical Test
7. Minimum 3 Years of Training