



BLACK BELT FIRST DAN TESTING **FOR BLACK BELT SECOND DAN**

TESTING REQUIREMENTS:

- ALL PREVIOUS MATERIAL
- BREAKING TECHNIQUE: DOUBLE FOUR STATION BREAK (INSTRUCTOR'S CHOICE)
- APPROX. 12 MONTHS OF CLASS TIME (AVERAGE 4-5 CLASSES PER WEEK)
- POOMSE (FORMS) – BASIC FORM 1 & 2, TAEGEUK 1, 2, 3, 4, 5, 6, 7, 8, KORYO

YOU MUST BE ABLE TO EXECUTE THE FOLLOWING:

MOTION BLOCKS – EXECUTE AND LEARN MOTION BLOCKS IN KOREAN

#	Motion Block (English)	Excecute (Pronutiation in KOREAN)	BELT
1	Down block in riding horse stance	Juchum Seogi Arae Makki	Yellow Stripe
2	High block in riding horse stance	Juchum Seogi Olgul Makki	
3	Inside-out block in riding horse stance	Juchum Seogi Bakkat Makki	
4	Outside-in block in riding horse stance	Juchum Seogi Momtong An Makki	
5	Double punch in riding horse stance	Juchum Seogi Momtong Do bong Jireugi	
6	Knife hand block in riding horse stance	Juchum Seogi Hansonnal Momtong Makki	Yellow
7	Single knife hand in left leg back stance	Wen Dwitkubi Hansonnal Momtong Bakkat Makki	Green Stripe
8	Double knife hand in right leg back stance	Ourum Dwitkubi Sonnal Makki	
9	Forearm block in left leg back stance	Wen Dwitkubi Momtong Bakkat Makki	Green
10	Outside-in block in cat stance	Wen Beom Seogi Momtong Makki	
11	Sudo chop in left leg long stance	Wen Apkubi Jebi Poom Mok Chigi	Blue Stripe
12	Elbow strike in right leg long stance	Ourum Apkubi Palkup Pyojeok Chigi	
13	Step into a twist stance with back fist (Backward cross stance)	Dwi kkoa Seogi Deungjumeok Ap Chigi	
14	Inside-out palm block in right leg long stance	Ourum Apkubi Wen Hansonnal Olgul Bitureo Makki	Blue
15	Outside-in left palm block in left leg back cat stance	Wen Beom Seogi Batangson Momtong Kodureo An Makki	
16	Double low side block in ready stance	Naranhi Seogi Arae Hecho Makki	



#	Motion Block (English)	Excecute (Pronutiatiion in KOREAN)	BELT
17a	Inside-out + high block in right leg back stance	Ourum Dwitkubi Momtong Bakkat Makki Holgul Makki	Red Stripe
17b	Pulling the jaw punching	Wen Apkubi Dangkyo teok jireugi	
17c	Knife hand strike in attention stance	Moa Seogi Sonnal Olgul Bakkat Chigi	
18	Double knife hand hi-low block in back stance	Wen Dwitkubi Sonnal Arae Makki	
19a	Palm hand assisting trunk blocking in cat stance	Ourum Beom Seogi Batangson Momtong Kodureo An Makki	Red
19b	Back fist hand assisting trunk blocking in cat stance	Ourum Beom Seogi Deungjumeok Ap Chigi	
20	Scissor block in riding horse stance	Juchum Seogi Kawi Makki	
21a	Double inside-out block in left leg long stance	Wen Apkubi Bakkat Palmok Momtong Hecho Makki	
21b	Shoulder grab knee strike	Ourum Pal Murup Chigi	
21c	Two fist bent backward punching	Wen Dwi Kkoa Seogi Dujumeok Jeochu Jireugi	
21d	Low block + knee punch	Ourum Apkubi Otgoreo Arae Makki	
22a	Hammer downward hitting in walking stance	Wen Ap Seogi Deungjumeok Olgul Bakkat Chigi	
22b	Target righth leg kick	Ourum Pyojeok Chagi	
22c	Right elbow target hitting	Juchum Seogi Ourum Palkup Pyojeok Chigi	
23a	Double crossing low block in left long stance	Wen Apkubi Otgoreo Arae Makki	Black Stripe
23b	Double crossing high block in left long stance	Wen Apkubi Otgoreo Olgul Makki	
23c	Block rotate palms together knife hand strike in left long stance	Wen Apkubi Sonnal Olgul Bakkat Chigi	
23d	Middle punch in left long stance	Wen Apkubi Ourum Momtong Jireugi	
24	Spin right down block in riding horse stance	Mondollyo Juchum Seogi Arae Makki	



#	Motion Block (English)	Excecute (Pronutiation in KOREAN)	BELT
25	Short RIGHT back stance double fist high-low	Ourum Dwitkubi Kodureo Arae Makki	BLACK BELT
26	Twist Stance and Diamond stance double block	Apkkoa Seogi Wen Wesanteul Makki	
27a	Right long stance elbow turning strike	Ourum Apkubi Wen Palkup Dollyo Chigi	
27b	Left arm Inside-out block	Wen Deungjumeok Ap Chigi	
27c	Right arm middle punch	Momtung Bande Jireugi	
28a	Left long stance chop to the neck	Wen Apkubi Sonnal Olgul Bakkat Chigi	
28b	Left arm middle punch	Montong Bande Jireugi	
28c	Right back stance outside-in block	Ourum Dwitkubi Momtung Makki	
29	Right long stance high inside-out chop low inside-out chop	Ourum Apkubi Sonnal Olgul Bakkat Chigi Sonnal Arae Bakkat Chigi	
30	Left long stance high inside-out chop throat strike	Wen Apkubi Sonnal Olgul Bakkat Chigi Khal Jaebi	
31a	Right long stance knee break	Ourum Apkubi Murok Kokki	
31b	Walking stance double inside-out	Ourum Ap Seogi Momtung Hecho Bakkat Makki	
32a	Left long stance groin grab	Wen Apkubi Jecho Tzireugi	
32b	Walking stance pull groin	Ap Seogi XXXX	
32c	Step walking stance down palm block	Ap Seogi Batangson Momtung Nulo Makki	
33b	Riding horse stance elbow strike	Juchum Seogi Palkup Yop Chigi	
34	Koreo Meditation position	Mejummeok Pyojeok Arae Chigi	

KICKS – PUSH KICK, FRONT SNAP KICK, JUMPING FRONT SNAP KICK, ROUND-HOUSE, FAST KICK, SIDE KICK, STEP FORWARD SIDE KICK, BACK LEG DOUBLE, FRONT LEG DOUBLE, BACK KICK, BACK LEG AXE KICK, HOOK KICK, STEP FORWARD HOOK KICK, BACK SWING KICK, NADOBAN KICK.

BLOCKING DRILLS – (LONG STANCE) LOW BLOCK, HIGH BLOCK, INSIDE-OUT, OUTSIDE-IN
(BACK STANCE) SINGLE KNIFE HAND, DOUBLE KNIFE HAND, FOREARM BLOCK,
DOUBLE HAMMER FIST LOW, INSIDE-OUT SQUARE PUNCH (RIDING HORSE
STANCE) SIDE PUNCH (CAT STANCE) PALM BLOCK



SPARRING – SPARRING EQUIPMENT IS REQUIRED

COMMUNITY SERVICE – 20 HOURS

TEACHING CLASSES – 60 HOURS

ATTENDANCE TO BLACK BELT PREPARATION SPECIAL CLASSES

REFERENCE LETTER FROM A SENIOR SECOND BLACK BELT OR HIGHER – TWO DIFFERENT

ESSAY – LOOK FOR REQUIREMENTS TO YOUR MASTER

KWKKIWON APPLICATION

SELF DEFENSE – EXECUTION DRILLS 21- 30 BOTH SIDES

One-Step Self Defense

Red-Black Belt (Both Sides) Require Right and Left for belt test

21. Middle Punch

Slide left 45° Do a left hand Palm Heel thrust to the elbow, change to front stand then do right Elbow strike to the ribs. Bring the right foot next to the left foot, then do a right-hand Inside-to Outside Knife Hand strike to the neck, and a right foot Jumping Side Kick to the ribs, ki-hap. Return to fighting position, right leg back, Ki-hap.

22. High Punch Takedown

Slide to the left and do a right foot Roundhouse Kick to the ribs, then a right hand Inside-to-outside Knife hand strike to the neck. Grab the back of the attacker's collar and do the takedown by doing a right foot Side Kick to the inside of the knee. Finish with a left hand punch to the head, ki-hap. Return to fighting position with right leg back, ki-hap.

23. Double High Punch Takedown

Step back right foot into Front Stance. Do a left-hand High Block, right hand High Block and grab the wrist. Circle the arm around clockwise. When it gets to the bottom, grab the wrist with both hands, step in with the right foot, bringing your right shoulder close to the attacker's left shoulder, and do the takedown by continuing the circular motion, pivoting on your right foot, and dropping down at the same time. You should finish on your right knee by the attacker's side. Pin the left arm against the floor and finish with a left-hand Knife hand strike to the throat, ki-hap.

24. Middle Punch Take down

Step back right foot into back stance. Do a left hand Outside-to-Inside Knife Hand Middle Block, grab the wrist; pivot clockwise on the left foot into a Short Horseback Stance, and do an Elbow Strike to the ribs. Then do a right-hand Ridge Hand strike to the throat, sweep the right leg while releasing the grip on the wrist, and trap the same (right) arm with your right arm. Finish with a left-hand punch to the face, ki-hap. Return to fighting position, right leg back, Ki-hap.

25. High Punch Takedown (Break Elbow)

Step back right foot into Front Stance. Do a left hand High-Block and grab the attacker's wrist. Step forward with the right foot, holding the attacker's right arm over your right shoulder and do a right Elbow Strike to the ribs. Switch out the grasp on the attacker's wrist with your right hand and do a left Elbow Strike to the solar plexus. Sit down on the right leg of the attacker, grab the ankle, and pull up, forcing the attacker to fall back. Twist the ankle counter-clockwise and finish with a Side Kick to the head, ki-hap. Return to fighting position, right leg back, Ki-hap.



One-Step Self Defense

Black-Red Belt (Both Sides)

26. High Punch Takedown

Step back right foot into Front Stance. Do a left-hand High block, grab the wrist, and force the arm to bend using your open hand from the back side of the arm. Step right foot forward, grab your own left arm to trap the attacker's arm, and sweep the leg. Finish by pinning the arm to the floor and perform a right-hand Knife-Hand Strike to the throat, ki-hap.

27. High Punch

Step back left foot into Front Stance. Do a right-hand high Block and grab the wrist. Twist the arm outward and down, step forwards left into Front Stance and break the elbow. Do a right foot Jumping Snap Kick to the ribs and finish with a left-hand Middle Punch while maintaining grip throughout with a ki-hap.

28. High Punch Face-Forward Takedown

Step back left foot into Front Stance. Do a right-hand High Block, grab the wrist, and do a left-hand Palm Heel to the armpit. Leave your hand pressed to the attacker's body. Step in with the left foot and takedown by sweeping left leg back and pushing the arm up and over with the left hand. Drop to left knee and finish with any left-hand attack, ki-hap.

29. Middle Punch Takedown

Slide to the left, do a right-hand Inside-to-Outside Knife- Hand Block, and grab the wrist. Twist the arm clockwise over and down. At the bottom of the circle step forward with the right foot and sweep the leg, using only the right hand to help. Finish with a left-hand punch to the head, ki-hap.

30. Double High Punch Takedown

Step back right foot into Front Stance. Do a left-hand High Block, right- hand High Block, grab the wrist, and circle it clockwise out and down to a position directly between the opponents. Step left with the right foot, grabbing the wrist with both hands, raising it over your head, and stepping through. While pivoting on the right foot, turn under the arm until you are facing the same way as the attacker, sliding your left foot back into a deep Front Stance, and straightening the attacker's arm to take down. Finish by breaking the attacker's elbow with the knee, and an optional strike or kick, ki-hap.