

BLACK BELT TEST REQUIREMENTS

Complete and submit the Test package, including test fee, at least 2 weeks prior to the test date.

1st DAN/POOM APPLICANT

General Requirements

1. Training Time: 6 months practice on a regular basis for Embroidered Belt and up (total 100-115 hours).
2. Tournament Participation: at least 4 major Tournaments.
3. Physical/Running Test: 5 miles in 40-45 minutes (15 years of age and older), 50-60 minutes (under 15 years of age).
4. Teaching Credential: 50 hours (15 years of age and older), 25 hours (under 15 years of age).
5. Seminars: Attend Than-Phong Black Belt Preparation and Weaponry #1 Seminars.
6. Written Test: Answer 10 basic questions related to Taekwondo.
7. Academic Grade: at least C average for Semester (December Black Belt Test) or Final (June Black Belt Test), under 18 years of age.
8. Provide Uniform and Belt sizes.
9. Submit 4 ID Pictures: 1 inch x 7/8 inch

Technical Test

1. Forms
 - ITF: Chung Moo; draw one Form (Kwangae, Hwarang)
 - WTF: Koryo. draw one Form (Taeguk #1 - #8)
2. One-step Techniques: 5 techniques (focus on speed, balance, and accuracy)
3. Weapons
 - 5 Basic Bo Form and 12 Basic Nunchaku Techniques
4. Breaking
 - Board: Foot, 2 targets (1 target off the ground), 1 board each target
 - Brick: Hand, 1 brick
5. Sparring
 - Under 15 years of age: 2 rounds, 2 minutes each round
 - 15 years of age and older: 3 rounds, 2 minutes each round

Bonus point for Special Breaking Techniques

2nd DAN/POOM APPLICANT

General Requirements

1. Training Time: 1 year practice on a regular basis for 1st Dan/Poom, 1.5 years for Poom, (total 200-230 hours).
2. Tournament Participation: at least 4 major Tournaments since 1st Dan/Poom.
3. Physical/Running Test: 7 miles in 60 minutes (15 years of age and older), 1.5 hours (under 15 years of age).
4. Teaching Credential: 100 hours (15 years of age and older), 50 hours (under 15 years of age).
5. Seminars: Attend Than-Phong Assistant Instructor and Weaponry #2 Seminars.
6. Written Test: Answer 9 basic questions related to Taekwondo.
7. Academic Grade: at least C, Semester average (December Black Belt Test) or Final average (June Black Belt Test), under 18 years of age.
8. Provide Uniform and Belt sizes.
9. Submit 4 ID Pictures: 1 inch x 7/8 inch

Technical Test

1. Forms
 - Kwang Gae and draw one additional Form (Po-Un, Hwa Rang, Chung Moo)
 - WTF: Kumgang and draw one additional Form (Teaguk #1 - Koryo)
2. Two-Step Techniques: 5 techniques (focus on speed, balance, and accuracy)
3. Weapons
 - Bo Form #1 and Nunchaku Form #1
4. Breaking
 - Boards: Foot, 2 targets (1 off the ground), 2 boards each target
 - Bricks: Hand, 1 target, 2 bricks
5. Sparring: 3 rounds, 2 minutes each round

Bonus point for Special Breaking Techniques

3rd DAN/POOM APPLICANT

General Requirements

1. Training Time: 2 years practice on a regular basis for 2nd Dan/Poom, 2.5 years for Poom (total 400-450 hours).
2. Academic Grade: at least C, Semester average (December Black Belt Test) or Final average (June Black Belt Test), under 18 years of age.
3. Provide Uniform and Belt sizes.
4. Submit 4 ID pictures: 1 inch x 7/8 inch
5. Physical/Running Test: 7 miles in 60 minutes (15 years of age and older), 1.5 hours (under 15 years of age).
6. Written Test: Answer 9 basic questions related to Taekwondo.
7. Tournament Participation: at least 4 major Tournaments.
8. Teaching Credential: 150 hours (15 years of age and older), 75 hours (15 years of age).
9. Seminars: Attend Than-Phong Instructor and Weaponry #2 Seminars

Technical Test

1. Forms
 - ITF's: Kye Baek; draw one Form (Hwa Rang, Chung Mu, Kwang Gae, Po Un)
 - WTF: Taebaek and draw one Form (Taeguk #1 - Kumgang)
2. Two-step Techniques: 10 techniques (focus on speed, balance, and accuracy)
3. Weapons: Bo Form #2 and Nunchaku's Form #2
4. Breaking
 - Boards: Foot, 3 targets (2 off the ground), 2-3 boards each target
 - Bricks: Hand, 1 target, 2 bricks
5. Sparring: 3 rounds, 2.5 minutes each round

Bonus point for Special Breaking Techniques