

PROMOTION REQUIREMENTS
1st Dan Testing for 2nd Dan

Forms	Koryo Dae Ba Sai So Chulgi E Dan All Lower Forms
Terminology	All
Breaking Technique	Hand and Foot power breaks with brick
Sparring	Multiple opponents
Thesis	See below

BASIC ONE STEPS

ATTACK	COUNTER
1. Attack with knife	Defend using: 5 hand counters 5 kicking counters 5 takedowns

THESIS

Honor, Respect and Trustworthiness – As a Black Belt what is the importance of having Honor, Mutual Respect and Trustworthiness with other Instructors, Students and Peers

Adults – five typed double spaced pages

Children (under 12) – 3 typed double spaced pages