
So's Taekwondo Black Belt Test February 12, 2022

Requirement 1:

- Forms

(Red Sr +)

- Taegeuk 3

- Taegeuk 4

- Taegeuk 5

- Taegeuk 7

- Taegeuk 8

(1st Degree +)

- Koryo

(2nd Degree +)

- Keumgang

(3rd Degree +)

- Taebaek

(4th Degree +)

- Pyungwon

(Instructors)

- Palgae 1

- Palgae 2

- Palgae 3

- Palgae 4

- Palgae 5

- Palgae 6

- Palgae 7

- Palgae 8

Objective: demonstrate memorization of techniques, bodily awareness, coordination, concentration, balance, and control

Requirement 2:

- Sparring

(All)

- 5, 2 minute sparring rounds

- Techniques:

- Counter Round

- Cut Kick

- Back Kick

Objective: demonstrate proper timing and distance awareness by utilizing above techniques in correct sparring situations. Physical conditioning such as endurance, explosiveness, and flexibility will be assessed.

Requirement 3:

- Board Breaking

(Red Sr)

- 360 Jump Spinning Kick

- 360 Jump Back Kick

(All Black Belts)

- Flying Side Kick

- Downward Punch (power break)

- 720 +

Objective: demonstrate proper utilization of power, speed, and accuracy in delivering required techniques.

Requirement 4:

- Conditioning (due by 2/11/22)

(All)

- 5 minute core position (plank) hold

- 1,000 Round house kicks on wave master (schedule a time to film at So's Taekwondo)

Objective: demonstrate adequate physical fitness requirements along with "Black Belt" mentality!

Students under 18, testing for their Black Belt or their next degree in February 2022 are required to complete 10 hours of community service.

In addition to community service hours, payment, essay and photos are due by January 29, 2022 (for red sr and Black Belts testing for their next degree).