



1st Dan Black Belt to 2nd Dan Black Belt



*Student must demonstrate all line movements from 5th gup high green belt through 1st dan black belt. In addition, student must demonstrate the following **hand and foot techniques**:*

1. Reverse turning kick, twisting kick
2. Walking stance reverse upset punch; walking stance high hooking block with the palm (perform in a double stepping motion)
3. Close stance low front block with the knifehand, pressing kick, middle side kick, L-stance high inward strike with the knifehand
4. Sitting stance high side strike with the backfist, walking stance middle block with the double forearm, reverse low block with the forearm, low stance high thrust with the flat fingertip
5. One-leg stance upward punch, pressing kick, sitting stance middle side strike with the knifehand
6. Sitting stance back elbow thrust, middle punch slipping the palm up to the elbow joint; back elbow thrust; horizontal punch
7. Reverse downward kick, vertical kick, twisting kick
8. L-stance middle block with the X-knifehand, low twisting kick; walking stance middle punch, reverse punch
9. Walking stance rising block with the forearm, low block with the forearm, high reverse block with the double arc hand
10. Sitting stance scooping block with the palm; middle punch; front strike with the backfist
11. L-stance middle punch with the middle knuckle fist; sitting stance 9-shape block (with step); low guarding block with the reverse knifehand
12. 180° reverse crescent kick
13. 180° reverse turning kick
14. Inward crescent kick, jump 360° inward crescent kick; 180° hook kick

Patterns:	Kwang-Gae	Po-Eun	Ge-Baek
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Sparring:	<p>Step sparring: One-step sparring – 10 defense/counterattack sequences Two-step sparring – 4 defense/counterattack sequences Three-step sparring – 4 defense/counterattack sequences</p> <p>Free sparring: Ten consecutive 30-second matches with protective sparring equipment</p>
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Hosin Sul:	Pre-arranged sequence against 2 opponents
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Target Techniques:	Reverse turning kick	180° hook kick	Twin front kick
	Twin split front kick	Twin side kick	Jump double side kick
	Plus 6 optional jump multiple kicks		

Breaking:	Standing Foot:	Basic standing kick
	Power Hand:	Downward strike (tiles)
	Jumping Foot:	Suspended break
	Suspended Hand:	Suspended break

History:	2 hour oral	10 page project	4 points reading
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