



## 1<sup>ST</sup> DAN, 8<sup>TH</sup> RANK BLACK BELT CURRICULUM (testing for 2<sup>ND</sup> Dan Black Belt)

<b>ALL POOMSAE</b>	<ul style="list-style-type: none"><li>• Random selection</li></ul>
<b>MULTI DIRECTION KICKING</b>	<ul style="list-style-type: none"><li>• 2 rounds 45 seconds each round</li></ul>
<b>BREAKING</b>	<ul style="list-style-type: none"><li>• 10 boards breaking</li><li>• 2 thick boards power breaking</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• 3 rounds 45 seconds</li><li>• 1 round 45 seconds - two vs one</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• minimum of 6 months training</li><li>• 4 Life Coaching Sessions (for students who are under 18 years old)</li><li>• Minimum of 24 training days</li></ul>
<b>REQUIREMENTS</b>	<ul style="list-style-type: none"><li>• Essay (Topic will be given by Life Coach)</li><li>• Life Coach and Master orientation (schedule a meeting)</li><li>• Parent and school recommendation</li><li>• 30 hours minimum of volunteer (assist in class)</li><li>• 1 tournament</li><li>• Kukkiwon application form</li><li>• \$600 Testing Fee</li></ul>