



## 1<sup>ST</sup> DAN BLACK BELT CURRICULUM (rank testing every 3 months)

<b>REQUIREMENTS FOR EVERY RANK TESTING</b>	<ul style="list-style-type: none"><li>• 2 boards breaking</li><li>• Full contact sparring</li><li>• 12 training days</li><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li></ul>
<b>1<sup>st</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Koryo</li></ul>
<b>2<sup>nd</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Basic #1</li><li>• Ill jang</li><li>• Ejang</li></ul>
<b>3<sup>rd</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Kum gang</li></ul>
<b>4<sup>th</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Sa jang</li><li>• Sam jang</li><li>• Basic #2</li></ul>
<b>5<sup>th</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Tae baek</li></ul>
<b>6<sup>th</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Oh jang</li><li>• Chil jang</li><li>• Basic stance</li></ul>
<b>7<sup>th</sup> RANK</b>	<b>Poomsae</b> <ul style="list-style-type: none"><li>• Koryo</li><li>• Pal jang</li></ul>