



2nd DAN BLACK BELT CURRICULUM (rank testing every 6 months)

REQUIREMENTS FOR EVERY RANK TESTING	<ul style="list-style-type: none">• 3 boards breaking• Full contact sparring• 3 Life Coaching Sessions (for students who are under 18 years old)• 24 training days
1st RANK	Poomsae <ul style="list-style-type: none">• Kumgang
2nd RANK	Poomsae <ul style="list-style-type: none">• Tae guek combo 1• Tae guek combo 2
3rd RANK	Poomsae <ul style="list-style-type: none">• Tae baek
4th RANK	Poomsae <ul style="list-style-type: none">• Chil jang• Pal jang
5th RANK	Poomsae <ul style="list-style-type: none">• Pyong won