



**3<sup>rd</sup> DAN BLACK BELT CURRICULUM** (rank testing every year)

<p><b>REQUIREMENTS FOR EVERY RANK TESTING</b></p>	<ul style="list-style-type: none"> <li>• 4 combo breaking</li> <li>• Full contact sparring</li> <li>• 4 Life Coaching Sessions (for students who are under 18 years old)</li> <li>• 48 training days</li> </ul>
<p><b>1<sup>st</sup> RANK</b></p>	<ul style="list-style-type: none"> <li>• Random poomsae</li> </ul>
<p><b>2<sup>nd</sup> RANK</b></p>	<ul style="list-style-type: none"> <li>• Random poomsae</li> </ul>
<p><b>3<sup>rd</sup> RANK</b></p>	<p><b>Poomsae</b></p> <ul style="list-style-type: none"> <li>• Pyong won</li> <li>• Sip Jin</li> </ul>
<p><b>4<sup>th</sup> RANK</b> <b>(testing for 4<sup>th</sup> Dan Black Belt)</b></p>	<p><b>Poomsae</b></p> <ul style="list-style-type: none"> <li>• Random Selection</li> </ul> <p><b>Multi direction kicking</b></p> <ul style="list-style-type: none"> <li>• 2 rounds 45 seconds each round</li> </ul> <p><b>Breaking</b></p> <ul style="list-style-type: none"> <li>• 10 boards breaking</li> <li>• 4 thick boards power breaking</li> </ul> <p><b>Sparring</b></p> <ul style="list-style-type: none"> <li>• 3 rounds 45 seconds</li> <li>• 1 round 45 seconds - two vs one</li> </ul> <p><b>Requirements</b></p> <ul style="list-style-type: none"> <li>• Must be 18 years old to test</li> <li>• Essay (Topic will be given by Life Coach)</li> <li>• Life Coach and Master orientation (schedule a meeting)</li> <li>• 60 hours minimum of volunteer (assist in class)</li> <li>• 2 tournaments</li> <li>• Kukkiwon application form</li> <li>• \$800 Testing Fee</li> </ul>