

# **WU'S TAE KWON DO SCHOOL (CANADA)**

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## **BLACK BELT 1<sup>ST</sup> DAN SYLLABUS**

### **BLACK BELT 1<sup>ST</sup> DAN / POOM TO BLACK BELT 2<sup>ND</sup> DAN / POOM**

1. Pre-Test
  - Written Test
  - Holding Board Test
2. Poomsae – 19 Steps, Taeguk 1 to Taeguk 8 and Koryo
3. Self Defense
  - All Blue Red Belt to Red Black Belt
  - 5 x Black Belt 1<sup>st</sup> Dan Self Defense
4. Step Sparring
  - All White Belt to Blue Belt
  - 5 x Black Belt 1<sup>st</sup> Dan Step Sparring
  - 10 x Black Belt 1<sup>st</sup> Dan Kicking Step Sparring
5. Breaking
  - 360° Jump Roundhouse Kick
  - 360° Jump Side Kick
  - 360° Jump Back Kick
  - 360° Jump Back Hook Kick
  - 360° Jump Hammer Kick
  - Dangle Board Knife Hand Chop
  - Dangle Board Punching
  - Two combinations of two kicks in the air
    - Jump Side – Roundhouse Kick

- Any combination of your choice

6. Free Sparring
7. Flexibility Test
8. Physical Test
9. Minimum 2 Years of Training