

# WU'S TAE KWON DO SCHOOL (CANADA)

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## BLACK BELT 2<sup>ND</sup> DAN SYLLABUS

### BLACK BELT 2<sup>ND</sup> DAN / POOM TO BLACK BELT 3<sup>RD</sup> DAN / POOM

1. Pre-Test
  - Written Test
  - Holding Board Test
2. Poomsae – 19 Steps, Taeguk 1 to Taeguk 8, Koryo and Keumgang
3. Self Defense
  - All Blue Red Belt to Red Black Belt
  - 5 x Black Belt 1<sup>st</sup> Dan Self Defense
  - 5 x Knife – Hand 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 x Stick – Knife Step Sparring
  - 5 x Black Belt 2<sup>nd</sup> Dan Kicking Step Sparring
5. Breaking
  - Dangle Board Jump Roundhouse Kick
  - Dangle Board Jump Side Kick
  - Dangle Board Jump Back Kick
  - Dangle Board Jump Back Hook Kick
  - One Inch Knife Hand Chop
  - One Inch Punching

- Two combinations of three kicks in the air
  - Jump Split - Roundhouse Kick
  - Any combination of your choice
- 6. Free Sparring
- 7. Flexibility Test
- 8. Physical Test
- 9. Minimum 3 Years of Training