



**CYBER
TAEKWONDO**

BLACK BELT TESTING REQUIREMENTS

1st Degree Black Belt

PHYSICAL FITNESS: 50 PUSHUPS & 50 SITUPS

BASIC BLOCKING: HIGH, MIDDLE, LOW, OUTER FOREARM, PALM

BASIC STRIKES: JAB, CROSS, HOOK, UPPER CUT, KNIFE HAND, RIDGE HAND, ELBOW, PALM

BASIC KICKING: FRONT, ROUND, AXE, BACK, CRESCENT, HOOK, SPINNING HOOK, DOUBLE ROUND, TORNADO, TWIST, FLYING SIDE KICK

15 ONE STEPS

8 SELF-DEFENSE TECHNIQUES

4 OLYMPIC SPARRING COMBINATIONS

SHADOW SPARRING: OLYMPIC STYLE - 3 ROUNDS/2 MINUTES EACH

POOMSAE: TAEGEUK 1-8 AND KORYO

THESIS: HISTORY OF TAEKWONDO: THE BEGINNING, THE OLYMPICS, & TODAY

2nd Degree Black Belt

PHYSICAL FITNESS: 50 PUSHUPS & 50 SITUPS

BASIC BLOCKING: HIGH, MIDDLE, LOW, OUTER FOREARM, PALM

BASIC STRIKES: JAB, CROSS, HOOK, UPPER CUT, KNIFE HAND, RIDGE HAND, ELBOW, PALM

BASIC KICKING: FRONT, ROUND, AXE, BACK, CRESCENT, HOOK, SPINNING HOOK, DOUBLE ROUND, TORNADO, TWIST, FLYING SIDE KICK

20 ONE STEPS

9 SELF-DEFENSE TECHNIQUES

7 OLYMPIC SPARRING COMBINATIONS

SHADOW SPARRING: OLYMPIC STYLE - 3 ROUNDS/2 MINUTES EACH

POOMSAE: TAEGEUK 1-8, KORYO, AND KEUMGANG

THESIS: THE BENEFITS OF TAEKWONDO

3rd Degree Black Belt

PHYSICAL FITNESS: 50 PUSHUPS & 50 SITUPS

BASIC BLOCKING: HIGH, MIDDLE, LOW, OUTER FOREARM, PALM

BASIC STRIKES: JAB, CROSS, HOOK, UPPER CUT, KNIFE HAND, RIDGE HAND, ELBOW, PALM

BASIC KICKING: FRONT, ROUND, AXE, BACK, CRESCENT, HOOK, SPINNING HOOK, DOUBLE ROUND, TORNADO, TWIST, FLYING SIDE KICK

20 ONE STEPS

10 SELF-DEFENSE TECHNIQUES & SELF-DEFENSE LAW

10 OLYMPIC SPARRING COMBINATIONS

SHADOW SPARRING: OLYMPIC STYLE - 3 ROUNDS/2 MINUTES EACH

POOMSAE: TAEGEUK 1-8, KORYO, KEUMGANG, AND TAEBEAK

**THESIS: TEACHING METHODOLOGY: MODALITIES & TEACHING STYLE
TEACHING DEMONSTRATION**