



## 2ND DEGREE BLACK BELT MATERIAL

### TRADITIONAL FORMS - GREEN STRIPE

**EUI-AM:** 45 movements. The pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.

**CHOONG-JANG:** 52 movements. The pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

**JUCHE:** 45 movements. JUCHE is a philosophical idea that man is the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu mountain.

**KO-DANG:** 39 movements. Pseudonym of the patriot Cho Man Shik, who dedicated his life to the Korean Independence Movement and to the education of his people.

### SPARRING & SPARRING COMBINATIONS - RED STRIPE

**ALL PREVIOUS COMBINATIONS:** Beginner and Brown Belt combinations

**SPARRING PROFICIENCY:** 1-on-1, 2-on-1, 3-on-1

### SELF-DEFENSE - WHITE STRIPE

- **CREATIVE PUNCH DEFENSE:** Create 5 custom defenses against a right punch. Be able to demonstrate with speed, accuracy, and technique.
- **KNIFE DEFENSE:** Display all previous knife defense material. Includes 2-on-1 with weapons
- **GUN DEFENSE:** Demonstrate all previous gun defense techniques as well as hostage situation.

### TEACHING - BLUE STRIPE

**50 HOURS (CLASSES) OF TEACHING REQUIRED FOR PROMOTION TO 3RD DEGREE BLACK.**

### BLACK BELT ATTITUDE - BLACK STRIPE

**MINIMUM OF 6 BLACK STRIPE REQUIRED:** The most important aspect of martial arts training is that of respect. As you move forward in belt rank, the importance of respect increases. Instructors will expect continued improvement to qualify for this stripe. Turn in the required responsibility sheets after they are completed.

### PHYSICAL FITNESS REQUIREMENTS

**PUSH-UPS:** survive

**SIT-UPS:** survive

**SQUATS:** survive

### BOARD BREAKING REQUIREMENTS

**KIDS (-60 LBS):** 1/2 board x 3

**KIDS (60-125 LBS):** 3/4 board x 2, 1 full board x 1

**ADULTS:** 2 full board x 3

### INFORMATION

**ALL PREVIOUS FORM INFORMATION:** Know the meanings of each form and the pattern. Additionally, know belt specific material.