



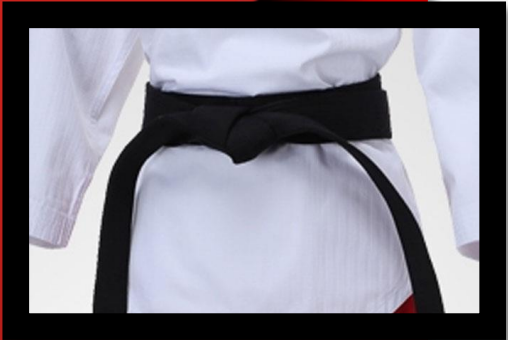
WHAT YOU NEED TO KNOW TO BECOME A BLACK BELT AND BEYOND!

This information is
for all Senior Red
and higher
Taekwondo
students.

BELT RANKING SYSTEM

	Belt Color	Rank		Rank	Belt Color
	White	9 th Gup		9 th Dan	Black
	Yellow	8 th Gup		8 th Dan	Black
	Orange	7 th Gup		7 th Dan	Black
	Green	6 th Gup		6 th Dan	Black
	Blue	5 th Gup		5 th Dan	Black
	Brown	4 th Gup		4 th Dan/Poom	Black
	Sr. Brown	3 rd Gup		3 rd Dan/Poom	Black
	Red	2 nd Gup		2 nd Dan/Poom	Black
	Sr. Red	1 st Gup		1 st Dan/Poom	Black
			Bo Dan = 0		

BLACK BELT RANK



- **Poom**: Students who are 14 and under
 - Students can go up to 4th degree black belt
 - 1st, 2nd, 3rd Poom black belts will turn in to Dan when they are 15.
 - 4th Poom Black Belts will turn in to Dan when they are 18.
- **Dan**: Students who are 15 and older
- How to switch from Poom to Dan? Order a new Dan Black Belt!



CERTIFICATIONS

All Dae Han Taekwondo students will be presented Dae Han and KukKiWon (KKW) Certificates.

- Dae Han Certificate
 - Dae Han certifies all black belts from the BoDan and higher.
 - Black Belts and Certificates will be presented at the public ceremony immediately following the test.

CERTIFICATIONS

All Dae Han Taekwondo students will be presented Dae Han and KukKiWon (KKW) Certificates.

- KKW Certificate
 - KKW Certificates will be presented to the students are testing for the 1st degree black belt and higher.
 - Students can pick up the KKW certificate two to three months after success of their black belt test.
 - KKW certificate will be issued from TKD headquarters in South Korea.

Visit www.kukkiwon.or.kr

TIME / ATTENDANCE / ASSISTING

Current Belt	Next Belt	Class	Assisting	Time
Sr. Red Belt	Bo Dan / Poom	60	15	6 Months
Bo Dan / Poom	1 st Dan / Poom	60	25	6 Months
1 st Dan / Poom	2 nd Dan / Poom	90	35	1 Year
2 nd Dan / Poom	3 rd Dan / Poom	190	60	2 Year
3 rd Dan / Poom	4 th Dan / Poom	280	90	3 Year
4 th Dan	5 th Dan	380	150	4 Year
5 th Dan	6 th Dan	480	250	5 Year
6 th Dan	7 th Dan	600	300	7 Year
7 th Dan	8 th Dan	700	360	8 Year
8 th Dan	9 th Dan	800	430	9 Year



MANDATORY ASSISTING INSTRUCTORS (AI) CLASSES

- Purpose of AI classes
 - To help improve forms and techniques
 - To help improve leadership skills
 - To prepare Black Belt Tests
- 3 AI classes must be completed
 - AI classes are provided 6 months out of a year: January, February, March, July, August, September
 - 3 classes must be done back-to-back in a month
 - Pre-scheduled AI classes will be announced via email and/or on our website
- Students passed all three AI classes need to schedule assisting classes at the front desk



MANDATORY ASSISTING INSTRUCTORS (AI) CLASSES

- Students must take AI classes each rank
- Assisting classes must be completed before the testing.
- Students must retake the AI classes if stopped assisting more than 3 months
- Students must follow AI guideline while assisting
- When done assisting required number of classes, students may voluntarily continue assisting but extra credit will not be carried over to next rank
- Students must have an active membership and attend classes regularly. ***If the membership expires, class and assisting credit will be forfeited.



MANDATORY ASSISTING INSTRUCTORS (AI) CLASSES

- 1st AI class:
 - Form assessments; students must know all forms up to their rank
 - If you have just gotten new belt within 3 months, you are not required to know your current rank form(s)
 - Only up to 2 mistakes are allowed in entire forms including weapon forms and Pal Gwae Forms for black belts



MANDATORY ASSISTING INSTRUCTORS (AI) CLASSES

- 2nd AI class:
 - Terminology Assessment
 - Students must know all terminologies up to you rank
 - Students must know minimum 70% and more
 - Asked in Korean, answer in English or show the tech
 - Learn how to teach forms
- Students will be leading a given forms in front of the class



MANDATORY ASSISTING INSTRUCTORS (AI) CLASSES

- 3rd AI class:
 - Learn how to teach
 - Rules, etiquettes, and proper behavior.
 - Target holding rules

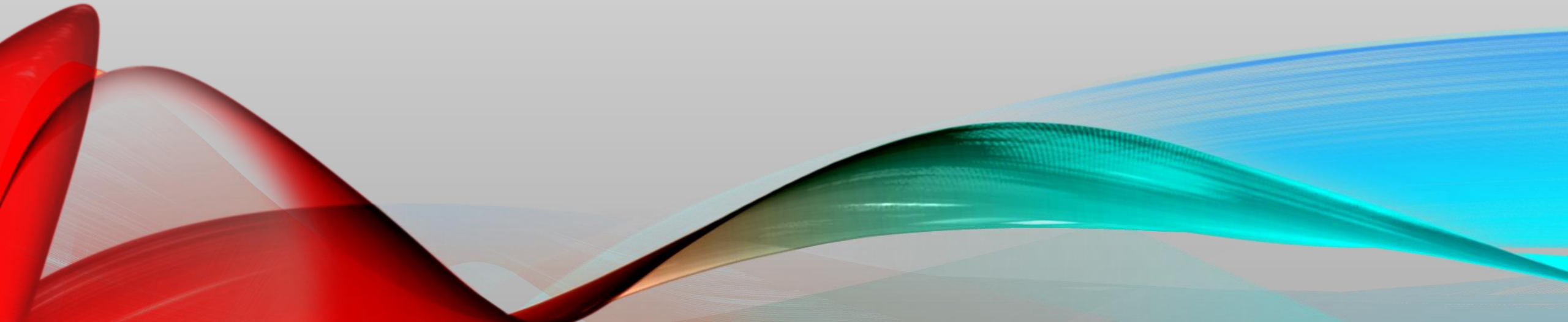
- Students must be evaluated at least one month before the testing and get recommendations from a master or the headmaster.
- Evaluation reports will show 3 options
 - Recommended to test
 - Not recommended to test
 - Recommend, but need to improve weak areas to succeed the test.
- Students and Parents must reply to Master Seo whether planning on testing or not

EVALUATION

4 PARTS OF THE TEST


1. Techniques: 55 hand and 51 foot for color belt techniques, 9 hand and 9 foot techniques for each black belt from Bo Dan and higher.

- 20 pre-selected techniques will be given to students in every 6 months.
- Out of 20 pre-selected techs, 7 – 15 hand and 7 – 15 foot techniques will be asked to perform at the test.



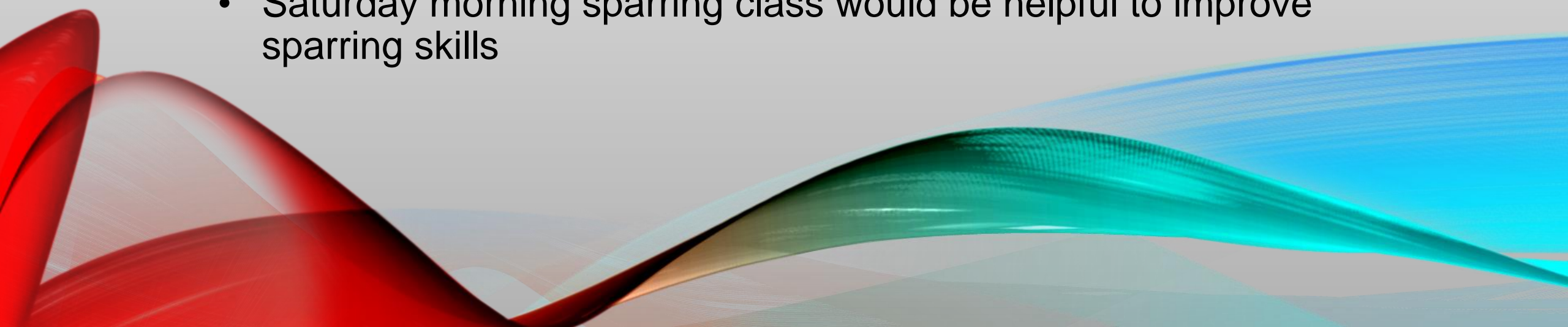
4 PARTS OF THE TEST

2. Forms

- Minimum 3 forms will be asked to perform for Sr. Red Belt
 - One assigned form; their current rank form.
 - 2 – 5 other random picked forms
 - If you made a mistake on any forms, you will be asked to do the same form again or another one.
 - Bo Dan and higher will be asked to perform minimum of 5 forms and more; KukKiWon forms, PalGwae forms, and weapon forms
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4 PARTS OF THE TEST

3. Multiple Sparring

- One against 3 – 5 people
 - Sparring length: 2 minutes
 - 2 kicks every 10 seconds (24 Kicks): show offensive, defensive moves, and strategy
 - Recommend getting a set of sparring gear, practice with your own gear, get used wearing them
 - Saturday morning sparring class would be helpful to improve sparring skills
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4 PARTS OF THE TEST

4. Board Breaking

- Refer to board breaking rule sheet
 - You can download from our website at www.daehanus.com , then click MEMBER / Taekwondo
- Conditioning, and practice at home

BOARD BREAK RULES

- Students have a maximum of 10 tries to break minimum of 3 boards or a brick
- Students must break all 3 boards simultaneously (i.e. if one of the three boards breaks, the broken board will be replaced with a new board)
- Students have total of 10 attempts to the board breaking while they are switching the higher number of boards to 3 boards or a brick to 3 boards (i.e. If you started with 4 boards and attempted 5 times, then you have 5 more attempts to break 3 boards)
- Testing judges have the right to stop the student's board breaking attempts any time before the student has exhausted his or her 10 tries if it looks continuing will cause personal injury or an improper technique applied by the student
- Testing judges have the right to decrease the boards from higher number boards to 3 boards as they deem necessary
- Students are not allowed to use any kind of soft materials on the boards nor on the hand. (Garment, cloth, gloves, and etcetera are not allowed use)
- Students who fail to pass a specific category (i.e. techniques, forms, sparring, breaking) will be required to retest in all areas again
- Sizes of boards required for each age group

Male		Female	
Age	Board Size	Age	Board Size
7 – 11 years old	1X4	7 – 12 years old	1X4
12 – 14 years old	1X6	13 – 17 years old	1X6
15 – 18 years old	1X8	18 and older	1X8
19 and older	1X10		

BOARD BREAK RULES

Testing for 2nd Dan and higher

- Students must demonstrate the following breaks and will be evaluated on technique and creativity
 - One power break with 3 boards or more. Techniques can be used as followed; straight punch, hammer fist, palm break, axe kick, front kick, side kick, any other techniques must be approved by Master Seo
 - One or more spinning kick(s) with regular 1-inch boards or demo boards. Different board sizes will be approved based on techniques. Techniques can be used as followed; back swing kick, jumping back swing kick, tornado kick, ½ tornado kick, 540° kick, 360 ° kick, any other techniques must be approved by Master Seo
 - One or more jumping kick(s) with regular 1-inch boards or demo boards. Different board sizes will be approved based on techniques. Techniques can be used as followed; jumping front kick, jumping roundhouse kick, split kick, double or triple front kick, Mo Dum Bal Ab Cha Gee, any other techniques must be approved by Master Seo
- Students should have breaking techniques in their mind before the evaluation.
- All breaking techniques must be approved by the judges.

HELPFUL CLASSES

Please refer to the class schedule for the class days and times

- Forms class
- Technique and terminology class
- Red & Sr. Red belt class
- Black belt class
- Jr. Black belt class
- Black belt prep class
- Sparring class

EXTRA HELP NEEDED?

Private lessons with an instructor is available at extra cost

- 50 minutes =\$60 (\$55 for package of 4 lessons and more)
- 30 minutes =\$40 (\$35 for package of 4 lessons and more)

UNIFORMS AND BELTS

- Must look well presentable
- No Belt, No Uniform = No Test
- Recommend putting all the patches on the uniform: 3 patches (American, Korean, Dae Han)
- No uniforms with wrinkles, rips, changed colors, and stains on the uniform

PARENTS INVOLVEMENTS

- Terminology flashcards
- Have them practice at home
- Visit our website to get technique lists and watch the videos for the techniques and forms
- Make a plan for the test: testing date, sign up for AI class, schedule to assist, sign up for evaluation, practice board breaking...

PLEASE DO NOT HESITATE TO CONTACT US IF YOU
HAVE ANY QUESTIONS (770) 919-1112

YOU MAY ALSO SET UP A MEETING WITH MASTER SEO
IF YOU WANT TO HELP ON PLANNING YOUR NEXT
BLACK BELT TEST.

