

United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

Phone: (860) 289-8008



2nd Dan to 3rd Dan Black Belt

Stances: Review All Belts

Foot Techniques: Review All Belts

Hand Techniques: Review All Belts

Poomse: Lesson I and II, Il Jang, Ee Jang, Sam Jang, Sah Jang, Oh Jang, Yuk Jang, Chil Jang, Tae Guek Pahl Jang, Koryo (Review all), **and Geumgang.**

Free-Sparring: Free-Sparring (WTF Rules/All Protective Gear Must be Worn).
Defense Only (no attacks) Sparring with 3 Attackers

One-Step Sparring: All One-Steps and Three-Steps (review).

Hand-to-Hand Self Defense

Board Breaking: Four Station Break, Power Break, & Creative Break

Other Requirements:

- **200 classes in 100 weeks (2 classes per week consistent training for 24 months before Test)**
- **Create own Poomse with Group Demonstration (at least 5 students)**
- **Teach a minimum of 1 class per month, scheduled in advance with School Manager.**
- **Attend All Black Belt Prep classes and/or Bo-Dan/Black Belt meetings**
- **Sit on the panel for All Gub Tests**
- **10-page paper on a Taekwondo related topic of special interest to the student. Double spaced.**