

# United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

Phone: (860) 289-8008



## 2<sup>nd</sup> Dan to 3<sup>rd</sup> 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 12 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.**