

# United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

Phone: (860) 289-8008



## 3<sup>rd</sup> Dan to Sahbumnim 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, Geumgang (Review all), and **Taebaek.**

**Free-Sparring:** Free-Sparring (WTF Rules/All Protective Gear Must be Worn).

**One-Step Sparring:** All One-Steps, Three-Steps, and Hand-to-Hand One-Steps (review).

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

### **Other Requirements:**

- **300 classes in 150 weeks (2 classes per week consistent training for 12 months before Test)**
- **10-minute speech regarding a Taekwondo topic to audience (without notes).**
- **Comprehensive Advanced Martial Arts Demonstration (self only)**
- **Teach a minimum of 2 classes 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 an Advanced Taekwondo Teaching Philosophy/Method/System. Double spaced.**