

United Tae Kwon Do

669 Burnside Ave – East Hartford, CT 06108

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BoDan to 1st Dan Black Belt

Stances: Review All Belts

Foot Techniques: Review All Belts

Hand Techniques: Review All Belts

Poomse: Review All Belts

Free-Sparring: Free-sparring (WTF Rules/Protective Gear Worn). **Two on One Free-Sparring.**

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

Advanced One Steps (1 through 5):

- #1. Left knife hand block with twin finger tip attack to eyes as you step with right foot. Take right step back, then left front snap kick and right ax kick.
- #2. Right outer forearm block to punch, then grab opponent's punch with left hand and pull them into a right in-to out elbow strike to underarm as you move into left back stance. Execute an immediate right back fist then step back with right leg and execute a left Side thrust kick and right spin back kick.
- #3. Right instep block dropping into a left back stance with "U" shape punch. Immediately grab opponent's extended arm pulling them into a right punch to face. Throw arm out of your way and quickly execute a right roundhouse kick and a left spin hook kick.
- #4. Short left step followed by right step (hips in line with opponent's) while executing a right ridgehand attack to solar plexus. Draw right leg back and immediately execute a right roundhouse kick.
- #5. Take right step, grab right hand and twist. Step with left foot behind opponent's right foot as you get opponent into an arm bar (place left arm under opponent's right elbow). Apply pressure to elbow joint.

Board Breaking: Four Station Break.

Other Requirements:

- **100 classes in 50 weeks (2 classes per week consistent training for 12 months before Test)**
- **Make up 10 of own One-Steps / Self-Defense**
- **5-minute speech regarding a Taekwondo topic to audience (without notes).**
- **Assistant teach a minimum of 1 class per month, scheduled in advance with School Manager.**
- **Attend All Bo-Dan, Black Belt, and Black Belt Prep classes.**
- **Assist with All Gub Tests to learn about how to prepare for the test, how to serve the other students, and what will be expected of you as a Black Belt rank panelist.**
- **5-page paper on a Taekwondo related topic of special interest to the student. Double spaced.**