



## **Final Bodon Homework**

Bodons interested in testing to 1<sup>st</sup> Degree Black belt must know the following, as well as previous items:

Rank: 1<sup>st</sup> Gup

There are two tests required for Black Belt.

### **Vocabulary:**

Everything from previous belts

### **Form:**

TAEGUEK Pal Jang (1-35) (First Test)

Koryo (1-32) (Second Test)

All previous Palgwes (Second Test)

Any Known Taygueks (Second Test)

### **Self-Defense:**

All Self Defense that the student has learned in class, minimum is Number 9 (First Test) and Number 10 (Second Test), starting from both a Right and Left guarding stance.

### **Board-Breaking:**

Punch (Speed), Cut Back Kick (First Test)

Knife Hand Strike, Back Spin Kick (Speed), Hook Kick, Jumping Front Kick (Second Test)

### **Strength:**

40 Pushups, 100 Squats (First)

50 Pushups, 100 Squats (Second)

Full Black Belt Run (Both)

### **Other:**

Students must be able to perform the full bow.

Students must be able to competently step spar for the first test, and full contact spar for the second test. Students will spar according USTKD/WTF competition rules based on their age (such as head contact and length of sparring).