



## **Bodon Homework**

Bodons interested in testing to Black on Top  
Bodon must know the following, as well as  
previous items:

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

History: In the earlier decades of modern Tae Kwon Do (post World War II), students under a certain age could not achieve the black belt. The Bodon was a “junior” black belt, signifying that the student had the knowledge necessary to be a black belt, but was not yet of the age to be considered a black belt.

### **Vocabulary:**

Everything from previous belts

### **Form:**

**TAEGUEK** Chil Jang (1-23)

### **Self-Defense:**

All Self Defense that the student has learned in class, minimum is Number 8, starting from both a Right and Left guarding stance.

### **Board-Breaking:**

Jump Back Kick and Step Back Kick

### **Strength:**

40 Pushups, 100 Squats, Full Black Belt Run (Both)

COST \$185

BELT TESTING DATE: \_\_\_\_\_ PARENT SIGNATURE: \_\_\_\_\_