

BLACK BELT - FIRST DAN

Opposite of white, therefore signifying maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

PATTERNS

- Kwang-Gae** Is named after the famous Gwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who reigned all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 AD, the year he came to the throne.
- Po-Eun** Is the pseudonym of a loyal subject Chong-Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the King and country towards the end of the Koryo Dynasty. There are 36 movements in this pattern.
- Ge-Baek** Is named after Ge-Baek, a great general in the Baek Jy Dynasty (660 AD). The diagram represents his severe and strict military discipline. There are 44 movements in this pattern.

SPARRING

- One Step Sparring - 9 of your own choice
Model Sparring - 3 of your own choice
Free Sparring

SELF-DEFENCE

Defend against multiple opponents (two) demonstrating proficiency in all colour belt self-defence requirements.

BREAKING

- (1) Power Hand: 1 from - Knife-hand, punch or elbow
Board minimum: women (2 boards), men (3 boards)
- (2) Power Foot: 1 from - side kick, turning kick or reverse side kick
Board minimum: women (3 boards), men (4 boards)
- (3) Special Technique: 3 targets in the air (three foot techniques)

TEST REQUIREMENTS

- 288 credits minimum (1½ to 2 years)
- 3 pre-tests
- Official exam (includes physical, written and technical tests)
- Taekwon-Do essay: topic to be determined in collaboration with Mr. Denis
- Online theory certificates for all colour belt levels
- Regular leadership team contribution
- Regular attendance to all dojang-organized seminars, tournaments, special training or special functions

Children (17 and under):

- Approval from parent(s)/guardian(s)
- Teacher approval form
- Two character cards