

## BLACK BELT - THIRD DAN

---

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

---

### PATTERNS

- Sam-Il Denotes the historical date of the independence movement of Korea which began throughout the country on March 1, 1919. The 33 movements in the pattern stand for the 33 patriots who planned the movement.
- Yoo-Sin Is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The 68 movements refer to the last two figures of 668 AD, the year that Korea was united. The ready posture signifies a sword drawn on the right side rather than the left side, symbolizing Yoo Sin's mistake of following his King's orders to fight with foreign forces against his own nation.
- Choi-Yong Is named after General Choi Yong, Premier and Commander-in-Chief of the Armed Forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism and humility. He was later executed by his subordinate commanders headed by General Yi Sung Gae, who later became the first King of the Yi Dynasty. There are 46 movements in this pattern.

### SPARRING

- One Step Sparring - 15 of your own choice  
Model Sparring - 7 of your own choice  
Free Sparring

### SELF-DEFENCE

All aspects of Self-Defence theory and techniques

### BREAKING

- (1) Power Hand: 2 from - Knife-hand, punch or elbow  
Board minimum: women (3 boards), men (4 boards)
- (2) Power Foot: 2 from - side kick, turning kick or reverse side kick  
Board minimum: women (4 boards), men (5 boards)
- (3) Special Technique: 5 targets in the air

### TEST REQUIREMENTS

- Minimum age: 21 years old
- 576 credits minimum (3 - 4 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
- Significant leadership team contribution
- Significant attendance to all dojang-organized seminars, tournaments, special training or special functions (including 2 international events)
- Significant desire and demonstration to add value and expertise inside and outside of the dojang