

## BLACK BELT - SECOND DAN

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

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### PATTERNS

**Eui-Am** Is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental Culture) to Chondo Kyo (Heavenly Way Religion) in 1905. The diagram represents his indomitable spirit displayed while dedicating himself to the prosperity of his nation.

**Chong-Jang** Is the pseudonym given to General Kim Duk Ryang who lived during the Yi Dynasty, 14th century. This pattern ends with a left hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity. There are 52 movements in this pattern.

**Juche** Is a philosophical idea that man is the master of everything and decides everything, in other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in the Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu Mountain. There are 45 movements in this pattern.

### SPARRING

One Step Sparring - 12 of your own choice  
Model Sparring - 5 of your own choice  
Free Sparring

### SELF-DEFENCE

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

### BREAKING

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

### TEST REQUIREMENTS

- Minimum age: 18 years old
- 384 credits minimum (2 -3 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 (including 1 international event)