



Bear Path Martial Arts Tae Kwon Do, Chung Do Kwan Head Instructor: Tim Blaylark 3rd Dan

1st Dan Test Requirements

Promotional Exam from First Dan (1st Degree Black Belt) to Second Dan (2nd Degree Black Belt)

The focus of Black Belt training is to learn new ways to apply technique from many different situations/scenarios.

This test is of your ability to fight using your training!

REQUIREMENTS FOR 2nd DEGREE BLACK BELT:

(A 1st degree testing for 2nd)

ATTENDANCE:

Must have minimal 1 year of good attendance.

TEACHING:

1 year teaching as a 1st degree black belt.

LIFE'S LESSON:

Must have **significantly changed someone's life** through the martial arts.

Minimum Training Time to next test 1 year.

Minimum age (poom/youth or Jr black belt 12 y.o.)

Minimum age (Jokyonim adult black belt 15 y.o.)

Poomse/Form (Empty Hand):

Korvo (Korea)

The name Korea is an adaptation of the name Koryo. This form should be performed with the mindset of “never give in, never surrender”.

Created Form (Create a Form for the test. Type or write it out prior to test and submit to the instructor.)

SPARRING:

Be prepared to spar up to 4 opponents at a time, employing full contact (respecting opponent's size). Apply proper technique, timing, control, breathing, combinations, footwork, power, and strategy.

Be prepared for Shinai sparring up to 2 people at once.

Be prepared to knife spar (1 on 1) 1 minute



Bear Path Martial Arts Tae Kwon Do, Chung Do Kwan Head Instructor: Tim Blaylark 3rd Dan

SELF-DEFENSE

Gun to head (Front & Side)

Knife to throat (Front & Side & on floor)

Weaponized = Gun retention or general weapon retention

Multiple Opponents – The object is effective use of the training from a compromised situation. Candidates can choose between escape and capturing opponents.

Vital/Pressure Points

- ❑ Bridge of the nose: Striking here can break bones or disorient. Pressing can make dizzy or cause eyes to water.
- ❑ Septum or base of nose: Striking here can cause pain, bleeding or dizziness. Pressing can cause pain or eyes to water.
- ❑ Carotid Artery (side of neck): Striking can cause unconsciousness. Pressing can cause unconsciousness.
- ❑ Radius Bone (Forearm): Striking can result in numbness of hand.
- ❑ Coccyx (Base of Spine): Striking can cause numbness in legs.

Throwing:

- ❑ Block to inside Shoulder Throw
- ❑ Block to outside shoulder throw
- ❑ Hip throw both sides of body
- ❑ Inner Reap Throw
- ❑ Defense of shoulder throw
- ❑ Defense of hip throw

Locks: Standing

- ❑ Block + wristlock throw/takedown
- ❑ Block + arm bar x 3 separate arm bar examples

Locks: Floor

- ❑ Kimura
- ❑ Shoulder lock



Bear Path Martial Arts Tae Kwon Do, Chung Do Kwan Head Instructor: Tim Blaylark 3rd Dan

Transitions:

- ❑ Sit out to guard
- ❑ Side guard - reverse to mount
- ❑ Guard to mount reverse

ENDURANCE:

Be prepared to do up to:

Students testing in their 20's

- 100 Jumping Jacks
- 100 Sit Ups / Crunches
- 100 Push Ups (75 push ups for females)
- 100 Kicks with one leg on a target

Students testing in their 30's

- 100 Jumping Jacks
- 75 Sit Ups / Crunches
- 75 Push Ups (50 push ups for females)
- 75 Kicks with one leg on a target

Students testing in their 40's

- 100 Jumping Jacks
- 50 Sit Ups / Crunches
- 50 Push Ups (30 push ups for females)
- 50 Kicks with one leg on a target

Students testing in their 50's

- 75 Jumping Jacks
- 30 Sit Ups / Crunches
- 30 Push Ups (20 push ups for females)
- 30 Kicks with one leg on a target