



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

2nd Dan Test Requirements

Promotional Exam from Second Dan (2nd Degree Black Belt) to Third Dan (3rd Degree Black Belt)

REQUIREMENTS FOR 2nd DEGREE BLACK BELT:

(A 2nd degree testing for 3rd)

ATTENDANCE:

Must have minimal 1.5 years of good attendance.

TEACHING:

2 years teaching as a 2nd degree black belt.

TAI CHI/Kali or Wing Chun:

Must incorporate these Trapping and Redirecting methods into your training.

LIFE'S LESSON: "The journey is far more important than the destination."

Enjoy your journey. There are many who have gone before you and many who will follow, but no one of you will or can follow your same path.

Minimum age (poom/youth or Jr black belt 13 y.o.)

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

Poomse/Form (Empty Hand)

Kumkang (Diamond):

The original meaning is "too strong to be broken". It is also referred to as something that can heal mental anguish. Lastly it takes its name from the mountain Kumkang and the execution should reflect solidity and permanence. It should be performed powerfully to represent the immovable majesty of the mountain.

SPARRING: (Empty Hand)

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.



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

Weapon Sparring:

Single stick sparring (1 on 1)

- ❑ Descending Snap Strike to forehead
- ❑ Inside Snap Strike to temple
- ❑ Straight Tip Thrust to solar plexus
- ❑ Descending Snap Strike to forehead
- ❑ Outside Snap Strike to temple
- ❑ Inside Snap Strike to knee
- ❑ Descending Snap Strike to forehead
- ❑ Straight Tip Thrust to groin
- ❑ Outside Butt Strike to temple
- ❑ Inside Snap Strike to temple
- ❑ Straight Shaft Thrust to nose
- ❑ Descending Butt Strike to collarbone
- ❑ Straight Tip Thrust to throat
- ❑ Outside Snap Strike to temple
- ❑ Inside Butt Strike (or Inside Tip Strike) to neck

Bo staff sparring (1 on 1)

- ❑ Descending Strike
- ❑ Rising Strike (or vice versa)
- ❑ Descending Strike
- ❑ Straight Tip Thrust
- ❑ Inside Strike
- ❑ Inside Strike
- ❑ Inside High Strike (low to high)
- ❑ Inside Low Strike (low to low)
- ❑ Rising Strike
- ❑ Inside High Strike
- ❑ Reverse Descending Strike
- ❑ Overhead Twirl, Inside Strike
- ❑ R Reverse Descending Strike

Grappling:

- ❑ Side mount
- ❑ Rear Naked Choke
- ❑ Take the back of an opponent from the “turtle position”.
- ❑ Knee-Belly Reversal
- ❑ Twin Sole-Push Reversal
- ❑ Leg Arm Bar
- ❑ Arm Bar
- ❑ Seated Bent-Arm Lock
- ❑ Reclining Knee Arm Bar
- ❑ Chop + Front Choke
- ❑ Wedge, Wrap, Bridge Throw
- ❑ Ankle-Lift Bridge Throw
- ❑ Thumb Choke + Throw
- ❑ Kick-Out + Side Roll



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

Unarmed Defense against Handgun

- ❑ Belly: Chop + Front Wrist Lock
- ❑ Belly: Front Wrist Lock, Knee, Arm Bar
- ❑ Face: Chop + Outward Wrist Lever
- ❑ Chest: Outward Wrist Lock
- ❑ Face: Palm Lock + Knee Strike
- ❑ Face: Elevated Palm Lock + Throw

Reactive Knife Defense (RKD)

Unarmed Defense against Knife

- ❑ *Low Straight Stab (shanking)*
- ❑ Inside Low Block, 360° Passing Shoulder Lock
- ❑ Low Grab Block, Outside Shoulder Throw
- ❑ Inside Low Block, Outside Wrapping Throw
- ❑ *Overhead Stab or Slash*
- ❑ Elbow Strike + Outer Reap Throw
- ❑ Arm Trap Choke + Rear Hip Throw