

1st Dan Black Belt USTF Requirements

New Patterns/Exercises:¹

1. Hwa-Rang
2. Choong-Moo

New Kicks:²(All kicks will start with the right foot back)

1. Quadruple Turning Kick, Quadruple Side Piercing Kick
2. Triple Twist Kick, middle or high your choice
3. Consecutive kicking, reverse hook kick, turning kick, side thrusting kick to D
4. Combination kicking flying 360 reverse hook kick, downward kick
5. Flying twin food front kick 1 or 2 targets
6. Consecutive, Side front snap kick without setting foot down, 180 back kick
7. Consecutive kicking low front, high turning triple middle side kick
8. Consecutive kicking, front kick to D, Back kick to C, Side pierce kick to A, Turning kick to B

New Hand Techniques:

Inward strike with the knife-hand

Inward front strike with the reverse knife-hand

Inward block with the outer forearm

Checking block with the x-knife-hand

Upward block with the twin palms

New Stances:

None

Step Sparring:³

Advanced semi-free sparring

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No-contact free sparring versus one opponent

¹See "Patterns/Exercises Notes" in the "Special Notes" section for further information.

²See "Kicking Notes" in the "Special Notes" section for further information.

³See "Step Sparring Notes" in the "Special Notes" section for further information.

Ho Sin Sul:

Time Limit: 2 minutes

Opponents: one

Specified Attacks:

1. Punch with the forefist
2. Inward strike with the reverse knife-hand
3. Side strike with the back fist
4. Twin lapel grab
5. Single grab from behind (not a choke)
6. Straight or cross
7. Front snap kick
8. Turning kick
9. Back piercing kick
10. Choke with the hands from behind

Tournament Competition:

Tournament competition is **required** for this rank. A minimum of one USTF tournament is required.

Breaking:

Men- Hands:

2 Tiles with:	Front punch with the forefist
or	Side strike with the back fist
or	Inward strike with the reverse

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	knife-hand
3 Tiles with:	Downward strike with the knife-hand

Men- Feet (Power):

2 Boards with:	Flying twisting kick	
3 Boards with:	Flying front snap kick	
	or	Flying turning kick
	or	Flying 360° back piercing kick
4 Boards with:	Flying side piercing kick	
	or	Mid-air 180° back piercing kick

Men- Feet (Technique):

1 Suspended board with:	Any standing kick	
2 Boards- one target with:	Flying twin foot front snap kick	
	or	Flying twin foot side piercing kick

Women/Junior- Hands:

2 Boards with:	Front punch with the forefist	
	or	Outward strike with the knife-hand
	or	Inward strike with the reverse knife-hand
1 Tile with:	Downward strike with the knife-hand	

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Women/Junior- Feet (Power):

1 Board with:	Flying twisting kick	
2 Boards with:	Flying front snap kick	
	or	Flying turning kick
	or	Flying 360° back piercing kick
3 Boards with:	Flying side piercing kick	
	or	Mid-air 180° back piercing kick

Women/Junior- Feet (Technique):

1 Suspended board with:	Any standing kick	
1 Board- one target with:	Flying twin foot front snap kick	
	or	Flying twin foot side piercing kick

Peewee- Hands:

1 Board with:	Downward knife-hand strike
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Peewee- Feet (Power):

1 Board with:	Flying front snap kick	
	or	Flying turning kick
2 Boards with:	Flying side piercing kick	

Peewee- Feet (Technique):

1 Board with:	Flying twisting kick
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	or	Flying 360° back piercing kick
2 Boards with:		Mid-air 180° back piercing kick

Required Knowledge:

Choong-Moo Pattern Information:

Choong-Moo was the name given to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor to the present day submarine. The reason for this pattern ending in a left-hand attack is to symbolize his regrettable death. Checked by the forced reservation of his loyalty to the king, Yi Sun-Sin was given no chance in his lifetime to show his unrestrained potentiality.

Diagram: Capital “I”

Moves: 30



The meaning of Black Belt:

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

The Eight Parts of the Training Secrets of Taekwon-Do:

1. To study the theory of power thoroughly.
2. To understand the purpose and meaning of each movement clearly.
3. To bring the movement