

# **Final Black Belt Exam Requirements**

(2nd Degree testing for 3rd Dahn Black Belt)

## **Poom Se:**

Koryo, Keum Kang, Tae Baek, Pyong Won, Pal Gwae 5 Jahng and Pal Gwae 7 Jahng

## **Weapons PoomSe**

Hwa

## **Self Defense:**

BCD HoShinSool (10 either right or left side)

Knife Defense (10 Opposite Side)

You are required to have your own self defense partner for the final test.

## **Weapons**

Nunchuck Combination & Free Style Nunchuck Routine

Jang Bong (Staff) – 10 basic combinations

5 Creative Jahng Bong Self Defense, choreographed Attack/Defense routine

## **Breaking:**

Power technique

- 1) Knife Hand/Palm Strike (Double)  
You may substitute with a Power Kick – with instructor approval

Jump technique (Choose 1 from the list below)

- 1) Double Jump Front (Straddle)
- 2) Hurricane Hook Kick
- 3) Jump Turning Hook Kick from Joon Bee

Creative technique (Choose 1 from the list below)

- 1) Creative Combination Techniques (5 Boards)
- 2) 4 Kick Combination  
Jump Turning Hook (or Tornado RH), High Turning Hook,  
Middle Turning Hook, Turning Sweep (w/or w/out knee)

**Sparring:**

1 against 2 or multiple opponent

**Essay:**

The essay must be a minimum of 1000 words (or 2 pages-- whichever is greater)  
Humility, Honor & Loyalty

A report card is required for high school age and under.  
You must have a minimum GPA of 3.0.

**Leadership and Participation:**

Class Attendance  
Leadership through class assistance and mentorship  
Color Belt Exam Assist  
Black Belt Exam Assist  
Championship participation  
Participate in LBTKD events, etc.

**Endurance & Positive Attitude Test after the Final Dress Rehearsal:**

3 mile run in 30 minutes  
Special training session with Sunbaenims of LBTKD  
Sparring sessions and more