

1st Kup 1st Brown Belt Requirements **Testing for 1st Dan Black Belt**

You will need to know the following information:

- Chon Ji
- Dan Gun
- Do San
- Won Hyo
- Yul Gok
- Chun Gun
- Toi Gye
- Hwa Rang
- Chung Mu
- Board Break - Student's choice - 3 boards with foot technique, 2 board with hand technique, 1 break of your judge's choice
- Free Sparring
- Student Oath
- Rules of the Dojang
- Meaning of Tae Kwon Do
- 10 Basic Movements – IN ORDER
- Reverse Kick
- Wheel Kick
- Jump Reverse Kick
- Jump Front Snap Kick
- Axe Kick
- Hooking Kick
- Tornado Kick
- Jump Spinning Wheel Kick
- 360 Reverse Kick
- Hammer Fist
- Palm Strike
- One Step Sparring - All white, yellow, orange and green.
- At least 7 One Steps that you have made up.
- Self Defense Techniques (very important)
- Meanings of all belt colors.
 - WHITE – Signifies purity and innocence, as that of a beginning student who has no previous knowledge of Tae Kwon Do.
 - YELLOW – Signifies earth from which a seed sprouts as the Tae Kwon Do foundation has laid.
 - ORANGE – Signifies the seed (Tae Kwon Do) taking root.
 - GREEN – Signifies the plant's growth as the Tae Kwon Do skill begins to develop.
 - BLUE – Signifies the heaven, towards which the plant matures into a towering tree.
 - BROWN – Signifies danger, cautioning the student to exercise control and warning the opponent to stay away.

◦BLACK – Opposite of white, therefore, signifying the maturity and proficiency in Tae Kwon Do. Also indicates the wearer's imperviousness to darkness and fear.

- Be able to count to at least fifty in Korean
- Be able to draw the flags and know the meanings of the American and Korean Flags.
- You must write a paper titled "What Tae Kwon Do Means to Me " or "What Tae Kwon Do Has Done for Me". The paper must be 1 - 2 pages long. (Some flexibility is allowed for younger students.)
- You must remember all of the lower belt forms, one-steps, meanings, and free sparring.
- When you apply for your test, you must apply a month in advance and submit your paper to an instructor at the same time. You will take your written test 2 weeks before your physical test and have 2 opportunities to pass with at least a score of 90 or higher. If you cannot pass with a score of 90 or higher after 2 attempts, you will have to wait to test.