



SECOND DAN MID-TERM TWO

Keumgang poomsae means “diamond”, which symbolizes “hardness” and “ponderosas”. The poomsae line symbolizes a mountain displayed by the Chinese letter. The movements should be powerful and well-balanced so as to befit a Black Belt’s dignity.

2nd Dan Basics & Terminology

One-leg Stance	Hakdari Seogi
Upset Knifehand Block	Hanssonal An Makki
Horizontal Palm Strike	Batangson Chigi
Twin Inner Forearm Block	Anpal Hecho Makki
High/low Block	Hakdan Keumgang Makki
Side Twin Low Block	Arae Hecho Maki
Side Twin Inner Form Block	Hecho Santul Makki
Horizontal Punch	Kheum / Doltzeiggi

Kicking Combos

Switch Kicks
Reverse Hook/Round/Round/Side Kick
360° Jump Crescent Kick
Butterfly Twist/Round Kick > Spin Hook

2nd Dan Themes

RESPECT	TRUSTWORTHINESS	RESPONSIBILITY	FAIRNESS	CARING	CITIZENSHIP
Treat others with respect, follow the Golden Rule	Be loyal, stand by your family, friends and county	Do what you are supposed to do	Play by the rules	Be kind	Do your share to make your school and community better
Be tolerant of differences	Don't deceive, cheat, or steal	Persevere; keep on trying!	Be open minded	Show your care	Be a good neighbor
Use good manners, not bad language	Be reliable and do what you say you'll do	Always do your best	Listen to others	Express gratitude	Obey laws and rules
Deal peacefully with disagreement	Have the courage to do the right thing	Be accountable for your choices	Take turns and share	Forgive others	Protect the environment
		Think before you act		Help people in need	

Midterm Requirements

Koryo Poomsae	Sparring	3/5 Creative One Steps
Kicking Combinations	Self - Defense	Board Breaks

<h3>Self Defense</h3> <p>Use your quick and effective movements to stop an attackers kick. Follow up the defensive technique to take the attackers to the ground and a final submission.</p>	<h3>Wooden Board Breaks</h3> <p><i>CHIGI:</i> Backwards Hammerfist, Upset Knifehand, Upset Ridgehand, Downward Elbow Strike</p> <p><i>CHAGI:</i> Jump Rev. Side Kick, Spin Axe, 2 Kick Combo, Hook Kick</p>
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SECOND DAN MID-TERM TWO

Koryo Poomsae				
#	SIDE	TECHNIQUE	STANCE	SECTION
1	WEN	SONNAL MAKKI	O. DWI KUBI	G
2	O-RUEN	YOP CHAGI	--	A
*	O-RUEN	YOP CHAGI	--	G/W
*	O-RUEN	SON. BAK. CHIGI	O. AP KUBI	G
3	WEN	BARO JIREUGI	O. AP KUBI	G
4	O-RUEN	MOMTONG MAKI	W. DWI KUBI	G
5	O-RUEN	SONNAL MAKKI	W. DWI KUBI	G
6	WEN	YOP CHAGI	--	A
*	WEN	YOP CHAGI	--	G/W
*	WEN	SON. BAK. CHIGI	W. AP KUBI	G
7	O-RUEN	BARO JIREUGI	W. AP KUBI	G
8	WEN	MOMTONG MAKI	O. DWI KUBI	G
9	WEN	HAN. ARAE MAKI	W. AP KUBI	A
*	O-RUEN	AGWISON CHIGI	W. AP KUBI	W
10	O-RUEN	AP CHAGI	--	G/W
*	O-RUEN	HAN. ARAE MAKI	O. AP KUBI	A
*	WEN	AGWISON CHIGI	O. AP KUBI	W
11	WEN	AP CHAGI	--	G/W
*	WEN	HAN. ARAE MAKI	W. AP KUBI	A
*	O-RUEN	AGWISON CHIGI	W. AP KUBI	W
12	O-RUEN	AP CHAGI	--	G/W
*	WEN	KNEE BREAK	O. AP KUBI	A
13	O & W	ANPAL HECHO MAK	O. AP KUBI	G
14	WEN	AP CHAGI	--	G/W
*	O-RUEN	KNEE BREAK	W. AP KUBI	A
15	O&W	ANPAL HECHO MAK	W. AP SEOGI	G
16	WEN	HAN. BAK. MAKKI	JUCHUM SEOGI	G
17	O-RUEN	BARO JIREUGI	JUCHUM SEOGI	G
18	WEN	YOP CHAGI	--	G/W
*	WEN	JEO. PYONSON	O. AP KUBI	A
19	O-RUEN	ARAE MAKI	O. AP SEOGI	A

#	SIDE	TECHNIQUE	STANCE	SECTION
20	WEN	BAT.NUL. MAKKI	W. AP SEOGI	G
*	O-RUEN	PALKUP YOP CHIGI	JUCHUM SEOGI	G
21	O-RUEN	HAN.BAK.MAKKI	JUCHUM SEOGI	G
22	WEN	BARO JIREUGI	JUCHUM SEOGI	G
23	O-RUEN	YOP CHAGI	--	G/W
*	O-RUEN	JEO. PYONSON	W. AP KUBI	A
24	WEN	ARAE MAKI	W. AP SEOGI	A
25	O-RUEN	BAT. NUL. MAKKI	O. AP SEOGI	G
*	WEN	PALKUP YOP CHIGI	JUCHUM SEOGI	G
26	WEN	MEJUMEOK	MOA SEOGI	A
27	WEN	SON. BAK. CHIGI	W. AP KUBI	W
*	WEN	HAN. ARAE MAKI	W. AP KUBI	A
28	O-RUEN	HAN. MOK CHIGI	O. AP KUBI	W
*	O-RUEN	HAN. ARAE MAKI	O. AP KUBI	A
29	WEN	HAN. MOK CHIGI	W. AP KUBI	W
*	WEN	HAN. ARAE MAKI	W. AP KUBI	A
30	O-RUEN	AGWISON CHIGI	O. AP KUBI	W

Black Belt Sparring

Taekwondo sparring becomes more difficult at the 2nd Dan level. More target areas begin to open up and during your rank. You begin to explore how to defend and execute kicks to the outer thighs. Utilize these target strikes to wear down your opponents' stamina and discover how your thigh kicks lead to rapid fatigue of your opponents' leg muscles.

Never kick the knee and do not kick the inner thigh in your training as 2nd Dan.

Weapons Training

With a strong foundation of bo-staff training, you must begin to prepare your own weapons form for your 2nd mid-term. Utilize your knowledge, teaching skills, and creativity to create this unique form.