



FIRST DAN MID-TERM TWO

As a 1st Dan, your martial and spiritual knowledge has grown and strengthened. Although more firm than a pup student, your taekwondo training is just beginning. You must now demonstrate to junior ranks the meaning of becoming a *seonbae* (learned man/woman).

Basics & Terminology

Knifehand Low Block	Hansonnal Arae Makki
Hand Grab	Mureupkkukki
Horizontal Palm Block	Batangson Nullo Makki
Twin Inner Forearm Block	Anpal Hecho Makki
Knifehand Strike	Sonnal Bakkat Chigi
Pushing Elbow Strike	Pulkup Yop Chigi
Upset Spearhand Strike	Jeonchin Pyonsonkkeut
Upset Hammerfist	Mejumeok Chigi

Kicking Combos

Jump Spin Hook Kick
Slide-in Reverse Hook/Round/Side Kick
360° Jump Hook Kick
Butterfly Twist/Round Kick

1st 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

Teageuk Pal –Jang	Sparring	3/5 Creative One Steps
Kicking Combinations	Self - Defense	Board Breaks

Ho Sin Sool	(choose two feet one hand)
Demonstrate effectively blocking a punch and turning the attack into a ground take down submission.	<p>CHIGI: Back Elbow, Knifehand Strike, Backfist, Ridgehand Strike</p> <p>CHAGI: Round Kick (face level), Jump Side Kick, Rev. Side Kick, Jump Axe Kick</p>



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Teageuk Pal-Jang				
#	SIDE	TECHNIQUE	STANCE	SECTION
1	LEFT	D. OUT FORM BLOCK	R. BACK	MID
2	RIGHT	REV. PUNCH	L. FRONT	MID
3	LEFT	#3 JUMP FR KICK	— —	MID/HIGH
*	LEFT	INW. IN FORM BLOCK	L. FRONT	MID
*	RIGHT	REV. PUNCH	L. FRONT	MID
*	LEFT	PUNCH	L. FRONT	MID
4	RIGHT	LUNGE PUNCH	R. FRONT	MID
5	RIGHT	SIDE H/L BLOCK	R. FRONT	MID & LOW
6	RIGHT	TEN. UPSET PUNCH	L. FRONT	MID
7	LEFT	SIDE H/L BLOCK	L. FRONT	MID & LOW
8	LEFT	TEN. UPSET PUNCH	R. FRONT	MID
9	LEFT	D. OUT FORM BLOCK	R. BACK	MID
10	RIGHT	REV. PUNCH	L. FRONT	MID
11	RIGHT	#2 FRONT KICK	— —	MID/HIGH
*	RIGHT	IN. PALM BLOCK	L. TIGER	MID
12	LEFT	D. KN.HAND BLOCK	R. TIGER	MID
13	LEFT	#1 FRONT KICK	— —	MID/HIGH
*	RIGHT	REV. PUNCH	L. FRONT	MID
14	LEFT	IN. PALM BLOCK	R. TIGER	MID
15	RIGHT	D. KN.HAND BLOCK	L. TIGER	MID
16	RIGHT	#1 FRONT KICK	— —	MID/HIGH
*	LEFT	REV. PUNCH	R. FRONT	MID
17	RIGHT	IN. PALM BLOCK	L. TIGER	MID
18	RIGHT	D. OUT FORM BLOCK	L. BACK	LOW
19	LEFT	#2 FRONT KICK	— —	MID/HIGH
*	RIGHT	#3 JUMP FR KICK	— —	MID/HIGH
*	RIGHT	INW. IN FORM BLOCK	R. FRONT	MID
*	LEFT	REV. PUNCH	R. FRONT	MID
*	RIGHT	PUNCH	R. FRONT	MID
20	LEFT	KN.HAND BLOCK	R. BACK	MID

Creative One-Steps

You will create a total of 5 one-steps that will all be demonstrated during your testing for 2nd Dan.

For your second mid-term, you will create the last three one-steps which demonstrate blocking, evading, and advanced kicking and striking (no take downs).

One-steps are no contact partner drills that demonstrate speed, accuracy, control and precision. Your 5 creative one-steps must be approved before they are demonstrated at mid-terms.

The attack will always be right lunch punch into a right front stance.

Black Belt Sparring

Taekwondo sparring becomes more difficult at the black belt level. More target areas begin to open up and during your rank as 1st Dan, you begin to explore how to defend and execute hand strikes to the head. Avoid hand "taps" and begin to execute true punches and strikes in relation to how your hips and feet are moving during footwork and kick transitions.

Sparring as a black belt is expected to be faster and more dynamic than as a color belt. Additionally, set-ups, fakes, and head kicks must become more of a routine in your style.

Weapons Training

1st Dan's begin to train with the Bo-staff and must display proficiency in the handling and proper execution of the 9 angle strikes while moving in and out of stances.

For every attack of the Bo-staff there is a block and movement that must be demonstrated to complete your second mid-term training.

A simple form will be required for your third midterm.