



Mightyfist Taekwon-Do

1D

(TESTING FOR 2ND DEGREE BLACK BELT)

Student name: _____

Patterns

- Chon-Ji
 - Yul-Gok
 - Joong-Gun
 - Hwa-Rang
 - Choong-Moo
 - Kwang-Gae
 - Po-Eun
 - Gae-Baek
- Classes required to test = 100

Kicking

- Consecutive Kicking - All to D, Offensive Hooking, Side Turning, Double Side Piercing Shifting
- Flying Technique - Flying Side Piercing & Obverse Punch
- Consecutive Kicking - All to D, Side Turning, 360° Flying Turning, Reverse Turning Kick

Basic Techniques / Fitness

- 3 mile run in 30 minutes
- Push-ups - 50 sets
- Squats - 50 sets
- Stand-ups 50 sets

Sparring

- 3 Step Sparring sets 1, 2, and 3
- 2 Step Sparring sets 1, 2
- 1 Step Sparring
- Model Sparring
- Free Sparring 3 opponents

Ho Shin Sool

- Random attacks 2 opponents 1 minute

Power

- Power foot breaking 2-3 boards
- Technique foot breaking 1-2 board
- Hand breaking wood 1-2 board
- Hand breaking 1-2 tile/concrete

Right -	<input type="checkbox"/>	Left -	<input type="checkbox"/>
Right -	<input type="checkbox"/>	Left -	<input type="checkbox"/>
Right -	<input type="checkbox"/>	Left -	<input type="checkbox"/>
Right -	<input type="checkbox"/>	Left -	<input type="checkbox"/>

Tournament

- At least 1 tournament in the last 12 months

Theory

Completion of Thesis (if applicable)

Korean Terminology: Review from Mightyfist website

Definition of Kwang-Gae: KWANG-GAE is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D., the year he came to the throne.

Definition of Po-Eun: PO-EUN is the pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

Definition of Ge-Baek: GE-BAEK is named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.