



MightyFist Taekwon-Do

2D

(TESTING FOR 3RD DEGREE BLACK BELT)

Student name: _____

Patterns

- Chon-Ji
- Joong-Gun
- Hwa-Rang
- Choong-Moo
- Kwang-Gae
- Po-Eun
- Gae-Baek
- Eui-Am
- Choong-Jang
- Juche

Classes required to test = 130

Kicking

- Consecutive Kicking - Flying Front, Side
- Combination Kicking - Flying Front, Side & Punch
- 180 Mid-air Back Piercing

Basic Techniques / Fitness

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

Sparring

- Foot Sparring
- Model Sparring
- Free Sparring 3 opponents

Ho Shin Sool

- Random attacks 3 opponents 1 minute

Power

- Power foot breaking 3-4 boards
- Technique foot breaking 2-3 board
- Hand breaking wood 2-3 board
- Hand breaking 2-3 tile/concrete

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Tournament

- At least 1 tournament in the last 12 months

Theory

Korean Terminology

Definition of Eui-Am: EUI- AM is the pseudonym of Son Byong Hi, leader of the Korean independence movement on March 1, 1919. The 45 movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly way religion) in 1905. The diagram represents his Indomitable Spirit, displayed while dedicating himself to the prosperity of his nation.

Definition of Choong-Jang: CHOONG-JANG is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. This pattern ends with a left-hand attack to symbolize the tragedy of his death at 27 in prison before he was able to reach full maturity.

Definition of Juche: JUCHE is a philosophical idea that man is the master of everything and decides everything. In other words, the idea that man is the master of the world and his own destiny. It is said that this idea was rooted in Baekdu Mountain which symbolizes the spirit of the Korean people. The diagram represents Baekdu mountain.