

2nd Poom/Dan Requirements

- Exemplary knowledge of Taegeuk 1-8 + Palgwe 1-2 + Keumgang
- Koryo is compulsory, 2 Taegeuk picked at random a week before promotion.
- Fundamentals (Cumulative From Color Belt Curriculum)
- 5 Creative One-step Self-defense
- 5 Creative Hapkido (Takedown)
- 3 Weapon Defense
- Understand, and Speak, Korean Terms
- Book Report - (3-5 Pages, Double Spaced, Times New Roman, with Title Page and Bibliography, Cite Your Sources.) The book is, Against All Odds - Chuck Norris. In this report you are permitted to speak in the first person. You must read the book entirely and pull lessons that you admire and compare your own life to, and how they inspire or contrast with your own life. However, this is not an essay on you. It is still a book report and must be drawn out and related to Chuck Norris' Autobiography - Against All Odds, My Story. His life lessons and practical application are the foundation for a great character and essay.
- Community Service Project: Candidate must participate in a community service project during their candidacy. They must then write a minimum 1 page essay on their experience and have their supervisor sign off on their service time.
- Sparring 1x1, 1x2, 1x3
- 10 Board Breaking (2min Setup and Break Tournament Style)
- 1-2 Cement Bricks Break
- 2 Focus Skill Candle Snuff Out
- Before Black Belt Training Days, students must submit a portfolio of their achievements over their Taekwondo career. This portfolio can be in the form of a scrapbook, but must pertain to martial arts and maintain professionalism.
With submission of portfolio, students must include both their creative One Steps and self-defenses written out. Student must also return signed letter from teacher/ employer that writes why you earned your black belt though character outside the Dojang. Candidate must attend black belt training days and show a consistent application to their training and requirements. As life is certainly busy, accommodations may need to be made, it is imperative that you communicate with your instructor if you cannot attend a rare class.

Instructor Certificate+

- Must lead class for one year after receiving 1st Poom/Dan
- Must demonstrate a knowledge of curriculum and ability to share this knowledge in creative affective ways.
- Must be able to direct leaders and oversee their training, their student's training, your student's training; along with your own.
- Must be able to instill innovative and creative skills/lesson plans and inspire the students and leaders to apply these to their practice.

*Master Reilly may assign other requirements as the need arises