

### 3rd Poom/Dan Requirements

- Exemplary knowledge of Taegeuk 1-8 + Palgwe 1-4 + Koryo + Taebaek
- Keumgang is compulsory,
- SsangSu 1-2 (Sword Form)
- Fundamentals (Cumulative From Color Belt Curriculum)
- 5 Creative One-step Self-defense (Takedown)
- 5 Creative Hapkido (Multi-Directional, Takedown)
- 5 Weapon Defense
- Understand, and Speak, Korean Terms
- Teaching Method Paper 5 Pages, Double Spaced, Times New Roman. With Title Page and Bibliography, Cite Your Sources. This paper will be a composition of the black belts preferred method of teaching with an understanding of teaching theories and practical applications. The black belt may include discoveries in education, sports and physiology as they develop their own method.
- Sparring 1x1, 1x2, 1x3, 1x4
- 10 Board Breaking (2min Setup and Break Tournament Style)
- 2-3 Cement Bricks Break
- 3 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.  
1With 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 in a rare occasion, that you cannot attend class.
- **Instructor Certificate Preferred**

\*Master Reilly may assign other requirements as the need arises.