

Deputy (Bo Dan)

Review all High Red Belt requirements

Safety Gear Week

Sparring

Theory: Basic understanding of counter attacking theory

- Systematic fighting like game of Rock, Paper & Scissors
- Time & space/striking & recovery phases
- Counter attack is the technique to take advantage of opponent's weak, empty, and vulnerable side and movements

Practical: Friendly contact with full safety gear

Drill

Combination: Fast kick +/& Roundhouse kick +/& 180° Tornado roundhouse kick

Drill: Footwork & Kicks (w or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

Hand techniques: Pushing log, Tiger mouth hand strike, Palm down knife hand block, Palm target side punch, Inner forearm double outside block

Kicks:

- Jump turning whip kick
- Double side kick
- 180 degree Tornado roundhouse kick initiated by (Roundhouse kick, Fast kick, Turning back)
- Initiated by 180 degree tornado roundhouse kick (Roundhouse, Turning back, Front leg drop kick, 180 degree Tornado, Double round air)

Form

Koryo

Exam Requirements

Sparring

Full safety gear
Sparring 2 opponents

Basics & Forms

Tornado roundhouse kick and Jump turning whip kick
10 Steps #1 and #2
8 Tae Geuk Forms
Koryo Poomse

Self Defense

White Belt
1-5 techniques
All Color Belts:
1-6 techniques
Ho Sin Sool 1-15

Physical Training

Sit-ups, Push-Ups, and Long distance running

Breaking

3 stations (Create your own)

Leadership

26 classes
Form 11 member team

Knowledge

History of Tae Kwon-Do
Significance of Koryo Poomse

Self-Defense Week

One Step Self-Defense

1-6 techniques

Self-Defense

Floor exercises (Front fall, Side fall, Back fall, Front roll)

Leadership and Power Training Week

Basic Physical Training:

Push-ups, Sit-ups, and Long distance running

Breaking

Create your own (Three [3] station maximum)

- Power
- Speed
- Jump

Leadership & Responsibilities

1. 26 leadership classes required
2. Form an eleven member organization (one of each ranking, must include one non-member)
 - Motivate and guide them in Tae Kwon-Do for two months (One month before and after final exam)
 - In addition, all members need to attend testing and candle light ceremonies.

Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette

Review and Others Week

Reviewing all topics above (fast pace but good for all)

Pre Exam

Requires total of three (3) pre exams (see exam chart)

➤ **To test:** *Your tuition payment must be on time.*

Deputy Black Belt (Bo Dan) Study Guide

History Of Tae Kwon-Do

All animals as well as human beings have strong instincts to protect themselves, so the origin of Tae Kwon-Do goes back to the early days of human existence on earth. We do not have any historical evidence in the early human days. However, the oldest record in Tae Kwon-Do we can find are in the royal tombs in Koguryo dynasty in 37 BC. They are the paintings which show some of the Tae Kwon-Do postures. So Tae Kwon-Do is called the 2,000 year old ancient Korean martial art.

Here is some historical evidence of Tae Kwon-Do:

Koguryo Dynasty (37 B.C. - 668)	Mural paintings show Tae Kwon-Do postures in this period.
Silla Dynasty (16 B.C. - 935) (540 - 576)	Hwarang Do "youth organization" was created during the reign of king Jin Heung Tae Kwon-Do was their main subject. Keumkang Yeok Sa "stone engravings" show Tae Kwon-Do postures.
Baekjae (16 B.C. - 660)	Written Tae Kwon-Do song was found in the kingdom. (It is still handed down).
Koryo (918 - 1392)	Special military general was chosen from Tae Kwon-Do practitioners.
Yi (Lee) Dynasty (1392 - 1910)	Mooye Dobo Tongjee- The first martial arts text book (1790). Handed down Tae Kwon-Do through Koguryo, Silla, Baekjae, and Koryo. It was deeply rooted in the Yi Dynasty era and scientifically systemized.
Japanese rule (1910-1945)	Korea was colonized by Japan. No Korean martial arts were allowed to practice.
1945	Korea liberated from Japan in 1945. People began to practice Korean martial arts again.
1955	The birth of the name Tae Kwon-Do
In the 1970s	The birth of sports Tae Kwon-Do
In the mid 1970s	Started attracting younger ages in DoJhangs
In the early 1980s	The Olympic movement started. Universities in Korea started offering Tae Kwon-Do as one of the fields to major.
2000	Tae Kwon-Do became an official Olympic sport.

Koryo Poomse

Name derived from the kingdom named "**Koryeo**" about one thousand years ago in the Korean Peninsula, this poomse symbolized the high spirited Koryeo people and moderation in action. (30 pooms)

Pre-Exams (3)

White/Yellow Pre-Exam Requirements	Green/Blue Pre-Exam Requirements	Red/Black Pre-Exam Requirements
<p>Sparring</p> <p>White Belt through High Yellow Belt Combinations</p>	<p>Sparring</p> <p>Green Belt through High Blue Belt Combinations</p>	<p>Sparring</p> <p>Red Belt through Deputy Belt Combinations</p>
<p>Forms</p> <p>10 Steps #1 and #2 Tae Geuk IL Jhang Tae Geuk EE Jhang</p>	<p>Forms</p> <p>Tae Geuk Sahm Jhang Tae Geuk Sah Jhang Tae Geuk Oh Jhang Tae Geuk Yuk Jhang</p>	<p>Forms</p> <p>Tae Geuk Chil Jhang Tae Geuk Pahl Jhang Koryo Poomse</p>
<p>Self Defense</p> <p>White Belt 1-5 techniques Yellow Belt 1-6 techniques Ho Sin Sool 1-6</p>	<p>Self Defense</p> <p>Green Belt 1-6 techniques Blue Belt 1-6 techniques Ho Sin Sool 7-12</p>	<p>Self Defense</p> <p>Red Belt 1-6 techniques Deputy Black Belt 1-6 techniques Ho Sin Sool 13-15</p>