



DUNLAVEYBBA.COM

DUNLAVEY'S BLACK
BELT ACADEMY

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1st gup High Red–1st degree Black Belt Training Sheet

Your black belt exam began the first day that you entered the dojang. if you have been listening in class, there will be nothing asked of you that you cannot answer. You must be ready to perform any random techniques from all previous training sheets. The following is a general guideline of what may be asked of you.

Definitions

Choong-Moo:

Choong-Moo was the given name to the great Admiral Yi Sun-Sin of the Yi Dynasty. He was reputed to have invented the first armored battleship (kobukson) which was the precursor of the present day submarine in 1592 AD. The reason why this pattern ends up with a left hand attack is to symbolize his regrettable death having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king. (30 movements)

Definition of Rank: Black

Opposite of white, therefore signifying maturity and proficiency in Taekwon-Do. It also indicates the wearer's imperviousness to darkness and fear.

Techniques

Aerial techniques. These techniques separate the Korean arts from all others. Kicks and hand techniques will be chosen at random.

Patterns

Choong-Moo

All patterns will be chosen at random; expect to do all nine

At this point all forms should be practiced and performed without hesitations and with extreme power

Technical Knowledge

Definitions of Choong-Moo

Definition of rank: Black

All previous knowledge and definitions

Self Defense

Reaction time is of the utmost importance. Be prepared for techniques chosen at random; they will be performed from all directions. Be prepared for any scenario.

Sparring

One steps (kneeling and standing against kicks and punches)

Be mentally and spiritually prepared for anything

Breaking

You should have 3 to 5 techniques prepared and ready to go. Choose techniques that require extra effort on your behalf (get out of your comfort zone). Do not choose breaks that put the holders at risk. There must be at least one suspended break,

Essay

Your essay should be based on a chronological growth chart of what you have learned thus far in your training. Be sure to include how you have grown mentally, physically, and what areas you have tried to overcome. This essay should be about your journey through the art of Taekwon-Do. Express all your desires and goals, long term and short term. This essay must be presented to Master Dunlavey prior to testing.