

## 1<sup>st</sup> Degree Testing Requirements

1. Midterm testing above Black Belt is required in order to test for rank.
2. Students are allowed to use their own weapons and equipment at testing.
3. Students must perform required material for their rank as written for each midterm including weapons forms.
4. Every student must spar each testing.
5. Students will be required to demonstrate any and all material below their current rank.
6. Black Belt Fitness Test are the physical requirements such as push up, sit ups, kicks, etc. at testing so be prepared.
7. ***Instructors*** must preform all Taekwondo Forms, Combinations, 4 Board Breaks and all Belt Philosophies.

### **1st Degree**

4 mid terms

Shim Jun Form

Hapkido

Arnis

2 Weapons Forms

Board Breaks

Fitness Test