



## Grading Requirements

### Black Belt to 1<sup>st</sup> Dan (Cho-dan)

#### Theory

Black is the opposite of white: signifying maturity and proficiency, also symbolising the wearers imperviousness to darkness and fear.

#### Hyung

- Kwang-Gae (39 movements)

**Kwang Gae** refers to King Gwang Gae-T'o-Wang , 19th Century ruler of Korea's Koguryo dynasty. King Gwang Gae retook many of the territories lost to Korea, including the greater part of Manchuria. The movement plan represents this expansion and the recovery of lost territory and the 39 movements denote his 39 year reign.

#### Sparring

- All sparring requirements are same as for Black Belt
- Jayel Daeryon (Free) – approx 20-30 minutes

#### Destruction Techniques

- Side Kick – 2 boards
- Turning kick – 2 boards
- Jumping Back kick – 1 board
- Spinning Heal – 1 board
- Downwards punch/knife hand chop – 2 boards