

1ST DEGREE DECIDED BLACK BELT GRADUATION REQUIREMENTS

1BD ▶3 mid-terms: (1 each quarter)

1st Mid-term: 3 months / date _____

2nd Mid-term: 6 months / date _____

3rd Mid-term: 9 months / date _____

- Form (Shim Jun)
- Sparring Combinations
- Self-Defense
- Single Ssahng Jeol Bong or Single Bahng Mahng EE (current weapon of that cycle) Drills and Form
- Sparring
- Board Breaks (as approved by Sr. Master Niblock)

1BD ▶Rank Graduation to 2BR: (at 12 months / date _____)

- Form – Shim Jun
- Sparring Combinations
- Self-Defense
- Single Ssahng Jeol Bong or Single Bahng Mahng EE (current weapon of that cycle) Drills and Form
- Sparring
- Board Breaks (see list in Master Club Book and review options with Sr. Master Niblock)