

## 2ND DEGREE RECOMMENDED BLACK BELT GRADUATION REQUIREMENTS

### **2BR ▶1 midterm: (at 3 months / date\_\_\_\_\_)**

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

### **2BR ▶Rank Graduation to 2BD: (at 6 months / date\_\_\_\_\_)**

- Form – Shim Jun
- Sparring Combinations
- Self-Defense
- Double Ssahng Jeol Bong or Double 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)