

TESTING CRITERIA

1R BLACK BELT

FORM

KWANG - GAE
+ EXTRA FORM

SPARRING

2 - 3 TIMES

BOARD BREAKING

(All board breaking must be approved by the students instructor)

The student is required to do a two station break... one station will be a right foot technique and the other station a left foot technique. No hand technique is required. If the student decides to do a jump kick with either foot, then no obstacle is required.