

# Shin's TaeKwonDo Academy

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## Black Belt Vocabulary & Requirements

### Self Defense

1,2,3

### Kicking

All previous kick drill.

### Physical

100 Squats, Push ups, Sit ups, Kicks

### Belt Coloration

#### **Black Belt**

This is the color of Mastery. No color added to this color can change or improve it.  
This completes a cycle is now begun again.

### SonSoo

- I shall observe the tenets of TaeKwonDo.
- I shall respect my Instructor and Seniors.
- I shall never misuse my knowledge of TaeKwonDo.
- I shall be a Champion of Freedom and Justice.
- I shall strive to build a more peaceful World.

### Understanding from TaeKwonDo

As a tree sets its new growth on the foundation of its roots, so is our lives,  
we have the choices to set our roots and build from a strong foundation.

### Testing Requirements

- All Vocabulary
- All poomses
- One Step sparring: #1 thru 14
- Kicks: All previous kicks
- Physical: 100 kicks, squats, sit ups, push ups
- Recommendation letter to others about TaeKwonDo