

KING TIGER ACADEMY

ILL DAN: 1ST DEGREE BLACK BELT STUDY GUIDE

ABOUT THE TEN ARTICLES OF STUDENT COMMITMENT:

The Ten Articles Of Student Commitment are the conerstone of Taekwondo philosophy which was handed down from our ancestors for many centuries. Because of the aspects of Taekwondo as a martial art, we must keep them in mind throughout our Taekwondo training.

IN KOREAN:

IN ENGLISH:

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| 1. Sa Coon Ee Choong: | Be loyal to your country. |
| 2. Sa Chin Ee He-Yo: | Honor your parents. |
| 3. Boo Boo You Beall: | Be loving between husband and wife. |
| 4. He-Young Jay Woo Yae: | Be cooperative between brothers and sisters. |
| 5. Boong Woo You Shin: | Be faithful to your friends. |
| 6. Jong You You So: | Be respectful to your elders. |
| 7. Sue Sung Goong Key-Young: | Establish trust between teachers and students. |
| 8. Saul Sing You Teck: | Use good judgment before killing living things. |
| 9. Im (M) Chun Moo Tae: | Never retreat in battle. |
| 10. You She You Jong: | Always finish what you start. |

Numbers **1, 2, 5, 8 and 9** are from the 6th century during the Silla (Sheila) Dynasty. A young and elite group called Hwa Wrong Do, used for national defense, used numbers 1, 2, 5, 8 and 9 as their guiding principles.

Numbers **1, 2, 3, 4, 5 ,6, 7 and 10** are from the 15th century during the Ee (Lee) Dynasty. They were used for people's moral education and was the most important aspect of their morals or values.

Requirements to advance to 2nd Degree Black Belt (Ee Dan):

- I. Essay topic: respect through the Martial Arts and life. (Must be a least 3 Full pages, Typed and double space size 12 font. (2 pages for age 12 and under)
- II. All techniques from the preceding level
- III. Every kicking technique from White to 1st Dan
- IV. Poomsae: Geum Gang plus all other poomsaes
- V. All One & Two-step Self-defense
- VI. Breaking (Knife hand for two Cinder blocks, Hurricane Side/Back kick, Speed break with hand and any other favorite kick.)
- VII. Controlled Sparring: 1 on 1 plus 2 on 1 (Must have own equipment!)
- VIII. 1st Degree Black Belt Study Guide
- IX. 24 hours of assistance to the beginners class