



SECOND DAN MID-TERM ONE

Keumgang poomsae means “diamond”, which symbolizes “hardness” and “ponderosas”. The poomsae line symbolizes a mountain displayed by the Chinese letter. The movements should be powerful and well-balanced so as to befit a Black Belt’s dignity.

2nd Dan Basics & Terminology

One-leg Stance	Hakdari Seogi
Upset Knifehand Block	Hanssonal An Makki
Horizontal Palm Strike	Batangson Chigi
Twin Inner Forearm Block	Anpal Hecho Makki
High/low Block	Hakdan Keumgang Makki
Side Twin Low Block	Arae Hecho Maki
Side Twin Inner Form Block	Hecho Santul Makki
Horizontal Punch	Kheum / Doltzeigoi

Kicking Combos

Jump Spin Crescent Kick	
Reverse Hook/Round/Round/Side Kick	
360° Jump Crescent Kick	
Butterfly Twist/Round Kick	Switch Kick

2nd Dan Themes

RESPECT	TRUSTWORTHINESS	RESPONSIBILITY	FAIRNESS	CARING	CITIZENSHIP
Treat others with respect, follow the Golden Rule	Be loyal, stand by your family, friends and county	Do what you are supposed to do	Play by the rules	Be kind	Do your share to make your school and community better
Be tolerant of differences	Don't deceive, cheat, or steal	Persevere; keep on trying!	Be open minded	Show your care	Be a good neighbor
Use good manners, not bad language	Be reliable and do what you say you'll do	Always do your best	Listen to others	Express gratitude	Obey laws and rules
Deal peacefully with disagreement	Have the courage to do the right thing	Be accountable for your choices	Take turns and share	Forgive others	Protect the environment
		Think before you act		Help people in need	

Midterm Requirements

Keumgang Poomsae	Sparring	2/5 Creative One Steps
Kicking Combinations	Self - Defense	Board Breaks

<h3>Self Defense</h3> <p>Use your quick and effective movements to stop an attackers kick. Follow up the defensive technique to take the attackers to the ground and a final submission.</p>	<h3>Wooden Board Breaks</h3> <p><i>CHIGI:</i> Backwards Hammerfist, Upset Knifehand, Upset Ridgehand, Downward Elbow Strike</p> <p><i>CHAGI:</i> Jump Rev. Side Kick, Spin Axe, 2 Kick Combo, Hook Kick</p>
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SECOND DAN MID-TERM ONE

山 Keumgang Poomsae

#	SIDE	TECHNIQUE	STANCE	SECTION
1	O&W	ANPAL HECHO MAK	L. AP KUBI	W
2	O-RUEN	BATANGSON CHIGI	R. AP KUBI	W
3	WEN	BATANGSON CHIGI	L. AP KUBI	W
4	O-RUEN	BATANGSON CHIGI	R. AP KUBI	W
5	WEN	HAN. AN MAKI	R. DWI KUBI	W
6	O-RUEN	HAN. AN MAKI	W. DWI KUBI	W
7	WEN	HAN. AN MAKI	R. DWI KUBI	W
8	O-RUEN	HAK. KEUM. MAK	O. HAKDARI SEOGI	W/A
9	O-RUEN	KHEUM DOLTZ.	JUECHUM SEOGI	G
10	O-RUEN	KHEUM DOLTZ.	JUECHUM SEOGI	G
11	O&W	HECH. SANT. MAKI	JUECHUM SEOGI	W
12	O&W	ANPAL HECH MAKI	NAR. SEOGI	G
13	O&W	AR. HECHO MAKI	JUECHUM SEOGI	A
14	O&W	HECH. SANT. MAKI	JUECHUM SEOGI	W
15	WEN	HAK. KEUM. MAK	O. HAKDARI SEOGI	W/A
16	WEN	KHEUM DOLTZ.	JUECHUM SEOGI	G
17	WEN	KHEUM DOLTZ.	JUECHUM SEOGI	A
18	WEN	HAK. KEUM. MAK	O. HAKDARI SEOGI	W/A
19	WEN	KHEUM DOLTZ.	JUECHUM SEOGI	G
20	WEN	KHEUM DOLTZ.	JUECHUM SEOGI	G
21	O-RUEN	HECH. SANT. MAKI	JUECHUM SEOGI	W
22	O&W	ANPAL HECH MAKI	JUECHUM SEOGI	G
23	O&W	AR. HECHO MAKI	NAR. SEOGI	A
24	O&W	HECH. SANT. MAKI	JUECHUM SEOGI	W
25	O&W	HAK. KEUM. MAK	O. HAKDARI SEOGI	W/A
26	O-RUEN	KHEUM DOLTZ.	JUECHUM SEOGI	G
27	O-RUEN	KHEUM DOLTZ.	JUECHUM SEOGI	G

Creative One-Steps

You will create a total of 5 one-steps that will all be demonstrated during your testing for 2nd Dan.

For your first mid-term, you will create the first two one-steps which demonstrate blocking, evading, and advanced kicking and striking (no take downs).

One-steps are no contact partner drills that demonstrate speed, accuracy, control and precision. Your 5 creative one-steps must be approved before they are demonstrated at mid-terms.

The attack will always be right lunch punch into a right front stance.

YOUR ROLE AS 2ND DAN

A Black Belt symbolizes skill, experience, knowledge, and authority. And these four main attributes must be demonstrated routinely as a 2nd Dan.

Your advanced skills must separate you from all other students in the dojang. During sparring, board breaks, forms, and training, your level of effort and skill stands out from the rest.

You must share your knowledge and experience of taekwondo with junior belts by assisting in class or helping others in your own classes, you are passing along valuable taekwondo knowledge.

Authority comes with the rank of 2nd Dan, because there are few seniors to you in the dojang, you must exercise your authority, with kindness and humility. Sit in as a judge at gup belt testings. Do not hesitate to lead lower rank students towards positive behavioral character development.