



Black Belt (Cho Dan – 1st Dan)

Mastery Requirements

ELIGIBILITY

- All general rules and promotion qualifications.
- At least thirty (30) months of training. A record of high achievement.
- Minimum of six (6) months and seventy-two (72) training classes as a Cho Dan Bo training for Black Belt.
- Ability to teach and handle affairs of Tang Soo Do in class.
- A Cho Dan candidate must be a minimum of ten (10) years old by the date of the test. (see "Age Requirements for Dan Rank")

Physical Test:

Technical Requirements:

- Technical requirements for Basic Techniques.
- Dae Ryun
- Ho Sin Sul
- Kyuck Pa
- Additional refinement of techniques is expected

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Hyung (Forms):

- Sae Kye Hyung Il Bu through Bassai
- Bong Hying Il Bu
- Naihanchi Cho Dan
- Bong Hyung E Bu
- Sip Soo
- At testing, the applicant must demonstrate at minimum:
 - The five (5) Pyung Ahn Hyung
 - Bassai
 - Naihanchi Cho Dan
 - Bong Hyung Il and E Bu
 - Sip Soo
 - Be prepared to perform any junior form upon the request of the examiners.

Knowledge:

- All general knowledge requirements, as required for Cho Dan Bo
- Student will be questioned about knowledge of martial arts philosophy, etiquette, culture, tradition, and history
- Understand the proper Tang Soo Do spirit, discipline, respect and attitude.
- Awareness and application of Dojang principles to physical and mental well-being.
- Meaning of the belt colors.
- Students capabilities in handling class with the proper technical and psychological approach may be examined.
- Suggested questions:

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- What does Black Belt mean?
- What responsibility do you think goes along with wearing a Black Belt?
- Do you believe that Tang Soo Do can help the development of a student's mental and physical well-being? Explain.
- What positive influence has Tang Soo Do contributed to the human race?
- What is your goal after becoming a Black Belt?
- How has the student contributed to the promotion of Tang Soo Do and his/her Dojang?
- Has leadership developed by assisting in teaching or contributing some other service?

Essay:

- Student must write an essay for his/her Black Belt test.
- Over 1,000 words are required.
- Student may choose the theme as long as the theme relates to Tang Soo Do:
 - Training experiences
 - How Tang Soo Do changed his/her life (e.g. The Martial Arts & Me)
 - What a Black Belt means to the Cho Dan Bo.
 - How Tang Soo Do impacted his/her life.
 - The Five Codes of Tang Soo Do