

Black Belt (2nd Dan):

Stances:

Keumgang seogi
Diagonal stance
Bending ready stance B
Juche ready stance

Movement:

Hard and soft in combination
Crouching and standing with techniques

Hand Techniques:

Downward elbow strike
High block with knifehand
Two finger strike
Supported downward backfist
Twin knifehand high inward strike
Downward strike with backhand
Spinning turning punch
Palm strike to jaw

Blocks:

Keumgang Makki
Hooking kick block
Middle inward knifehand block

Kicks:

Multiple jumping spinning kicks
Slow motion high section kicking
Jumping dodging reverse turning kick

Self-defense:

Knife held to throat, front and rear
Knife held to back and front
Knife held to throat in a rear choke

Sparring:

Free (promise sparring)
Match Management

Pattern:

Keumgang
Eui-Am (45 movements)
Ko-Dang (39 movements)
Choong-Jang (52 movements)
Juche (45 movements)