

## 2<sup>nd</sup> Dan Requirements

The following set of requirements sets out the minimum standards expected to ascertain 2nd Dan grade.

Training Time (Meeting the class attendance criteria)	Minimum of 18 months training for senior level (over 16's) / Minimum of 18 months training for Cadet grade (under 16's)
Class Attendance	Minimum of 50% attendance at Coloured Belt classes AND Minimum of 80% attendance at Black Belt classes
Teaching	1:1 instruction session 1:10 instruction session Basic safety theory Junior instructors certificate (under 16's)
Patterns	All Coloured Belt patterns and Choong-Moo Kwang-Gae Po-Eun Ge-Beak
Fitness	Grading level fitness Bag work fitness test (3 minutes continuous) 2 km run
Theory	Teaching theory level test

### General notes

Coloured belt classes are where you can expect to practice and refine the coloured belt syllabus. Teaching others helps both you and the student being taught.

Black belt classes are where you can expect to be pushed harder than in coloured belt classes, and you will learn most of the black belt syllabus in these classes.

Black belts are expected to lead by example at all times. A high level of self discipline is expected.