

## Belt Testing Requirements

## Black Belt Attitude

### Stripe 1: Basics

Stances	Blocks	Kicks	Strikes
Front	outer knife hand	front kick	palm heel
Middle	low knife hand	jump front kick	upset knife hand

### Stripe 2: Form

Phase	Moves	Stance	Target Area	Phase	Moves	Stance	Target Area
<b>A</b>				<b>A opposite</b>			
1.	R Outer knife-hand block	F	H	10.	L Outer knife-hand block	F	H
2.	R Upset knife-hand strike	F	H	11.	L Upset knife-hand strike	F	H
3.	L Reverse Palm heel	F	H	12.	R Reverse Palm heel	F	H
<b>B</b>				<b>B opposite</b>			
4.	L #2 Front kick	--	M/H	13.	R #2 front kick	--	M/H
5.	R Palm Heel	F	H	14.	L Palm Heel	F	H
6.	L Upset knife-hand strike	F	H	15.	R Upset knife-hand strike	F	H
<b>C</b>				<b>C opposite</b>			
7.	R Side knife-hand low block	M	L	16.	L Side knife-hand low block	M	L
8.	R #3 jump front kick - ki-hap	--	M/H	17.	L #3 jump front kick - ki-hap	--	M/H
9.	L Palm heel	F	H	18.	R Palm heel	F	H

### Stripe 3: Fight Sets & Self Defense

#### Fighting Sets (A) Attacker (D) Defender

1. (A) #3 left jump front kick, #2 right front kick, #2 left front kick  
 (D) Right knife-hand low block, Left outer knife-hand block, Right outer knife-hand block,  
     Left palm heel strike
  
- 2.(A) Right palm heel strike, Left palm heel strike, Right upset knife-hand strike  
 (D) Left outer knife-hand block, Left upset knife-hand block, Left outer knife-hand block,  
     Right palm heel strike

#### Self-defense Techniques (A) Attacker (D) Defender

(A) Wrist Grab (D) Upset knife hand (follow up)	(A) Cross arm grab (D) lock hand, outer knife hand block, bow for submission
(A) Reverse wrist grab (same side) (D) Low knife hand block (follow up)	(A) Reverse Cross arm grab (D) low knife hand block (follow up)

### Black Belt Training Additional Requirements

weapons	Board Breaks	Sparring	Workbook
See worksheet	1 above hand technique	guard position	BBA worksheet
	1 above foot technique	basic defense	attendance checklist