

Belt Testing Requirements

Confidence

Stripe 1: Basics

Stances	Blocks	Kicks	Strikes
Front	inner forearm	side kick	punch
Middle	outer forearm	reverse side kick	hammer fist

Stripe 2: Form

Phase	Moves	Stance	Target Area	Phase	Moves	Stance	Target Area
A				B opposite			
1. L	Outer Forearm Block	F	H	10. L	Inner Forearm Block	M	H
2. R	Reverse Punch	F	H	11. L	#3 Side Kick	-	M/H
3. R	Hammer Fist	F	H	12. R	Reverse Side Kick	-	M/H
B				C opposite			
4. R	Inner Forearm Block	M	H	13. R	Hammer Fist - Ki-hap	M	H
5. R	#3 Side Kick	-	M/H	14. L	Step Punch	F	H
6. L	Reverse Side Kick	-	M/H	15. R	Reverse Punch	F	M
C				A opposite			
7. L	Hammer Fist - Ki-hap	M	H	16. R	Outer Forearm Block	F	H
8. R	Step Punch	F	H	17. L	Reverse Punch	F	H
9. L	Reverse Punch	F	M	18. L	Hammer Fist	F	H

Stripe 3: Fight Sets & Self Defense

Fighting Sets (A) Attacker (D) Defender

1. (A) L - punch, R - punch, R - hammer fist
(D) Left inner forearm block, #1 left side kick, Right reverse side kick, Right hammer fist
(H)
- 2.(A) L-#1 side kick, L-punch, R-punch
(D) adv base, L - outer forearm block, R - punch, R - hammer fist

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

(A) Wrist grab (same side) (D) inner forearm block, wrist rotates to weak link (thumb) side kick, rev side kick (create distance)	(A) Cross arm rev grab (D) outer forearm block (front stance) punch, hammer fist, create distance
(A) Wrist grab (same side) (D) Hammer fist chamber/execute	

Black Belt Training Additional Requirements

Weapons	Board Breaks	Sparring	Workbook
See worksheet	1 above hand technique	guard position	confidence worksheet
	1 above foot technique	basic scoring	attendance checklist