

**Belt Testing Requirements      Focus**

**Stripe 1: Basics**

Stances	Blocks	Kicks	Strikes
X stance	twin low	ax	twin upset hammer fist
	X-block	jump spin crescent	twin upset punch

**Stripe 2: Form**

Phase	Moves	Stance	Target Area	Phase	Moves	Stance	Target Area
<b>A</b>				<b>A opposite</b>			
1.	R High X block	F	H	28.	L High X block	F	H
2.	L #2 front kick	F	M/H	29.	R #2 front kick	F	M/H
3.	B Twin upset hammer fist	F	M	30.	R Twin upset hammer fist	F	M
4.	B Twin upset knife-hand	F	H	31.	R Twin upset knife-hand	F	H
5.	R #2 Ax kick ( <b>Ki-hap</b> )	F	H	32.	L #2 Ax kick ( <b>Ki-hap</b> )	-	H
6.	B Double low block	B	L	33.	B Double low block	B	L
<b>B</b>				<b>B opposite</b>			
7.	B Double knife-hand block	R	H	34.	B Double knife-hand block	R	H
8.	L #1 front kick	-	M/H	35.	R #1 front kick	-	M/H
9.	L #1 repeat round kick	--	M/H	36.	R #1 round kick	--	M/H
10.	R Spear hand	B	H	37.	L Spear hand	B	H
11.	L Reverse punch	B	M	38.	R Reverse punch	B	M
12.	R Upset knife-hand	B	H	39.	L Upset knife-hand	B	H
13.	L Jump spin crescent kick	S	M/H	40.	R Jump spin crescent kick	S	M/H
14.	B Double outer forearm block	S	H	41.	B Double outer forearm block	S	H
<b>C</b>				<b>C opposite</b>			
15.	B Twin low block	M	L	42.	B Twin low block	M	L
16.	L Back fist	M	M	43.	R Back fist	M	M
17.	L Knife-hand	X	H	44.	R Knife-hand	X	H
18.	R Back-fist	X	H	45.	L Back-fist	X	H
19.	R Knife-hand	X	M	46.	L Knife-hand	X	M
20.	R Spin crescent kick	-	H	47.	L Spin crescent kick	-	H
21.	B Double outer forearm block	S	H	48.	B Double outer forearm block	S	H
<b>D</b>				<b>D opposite</b>			
22.	R Knife-hand low block	R	L	49.	L Knife-hand low block	R	L
23.	R Front kick	-	M/H	50.	L Front kick	-	M/H
24.	L Jump front kick	-	M/H	51.	R Jump front kick	-	M/H
25.	B Twin upset punch	F	M	52.	B Twin upset punch	F	M
26.	R Reverse horizontal elbow strike	F	H	53.	L Reverse horizontal elbow strike	F	H
27.	R Vertical punch	F	H	54.	L Vertical punch	F	H

**Stripe 3: Self Defense & board break**

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

(A) lapel grab (D) high X-block, back elbow strike	(A) lapel grab w/punch (D) (ignore the lapel grab) X-block w/arm bar
(A) two hand shoulder grab (D) X-block to chin, hook neck w/knee strike	

**Additional Requirements**

weapons	Board Breaks	Sparring	Workbook
See worksheet	1 above hand technique		Focus worksheet
	1 above foot technique	apply new basics	attendance checklist