

**Belt Testing Requirements**

**Goal Setting**

**Stripe 1: Basics**

Stances	Blocks	Kicks	Strikes
Front	high	round kick	spear hand
Middle	cross over	repeat round kick	back fist

**Stripe 2: Form**

Phase	Moves	Stance	Target Area	Phase	Moves	Stance	Target Area
<b>A</b>				<b>A opposite</b>			
1. L	High Block	F	H	10. R	High Block	F	H
2. R	Spear Hand	F	H	11. L	Spear Hand	F	H
3. L	Crossover Block	F	H	12. R	Crossover Block	F	H
<b>B</b>				<b>B opposite</b>			
4. L	#3 Round Kick	--	M/H	13. R	#3 Round Kick	--	M/H
5. L	Repeat Round Kick - Ki-hap	--	M/H	14. R	Repeat Round Kick - Ki-hap	--	M/H
6. L	Back Fist	M	H	15. R	Back Fist	M	H
<b>C</b>				<b>C opposite</b>			
7. R	Round Kick (adjust foot)	--	M/H	16. L	Round Kick (adjust foot)	--	M/H
8. R	Back Fist	M	H	17. L	Back Fist	M	H
9. L	High Block	F	H	18. R	High Block	F	H

**Stripe 3: Fight Sets & Self Defense**

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

- (A) #2 Right Round/Repeat Round Kick (M/H), Right Back Fist (H)  
(D) Left Guarding Stance with hands up, Left foot steps back to middle stance to Right Crossover Block, Right #1 Round Kick
- (A) Left Spear Hand (H), step forward Right Spear Hand (H), Left Spear Hand (H)  
(D) Left High Block (H), step back Right High Block (H), #1 Right Round Kick

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

(A) Wrist grab (same side) (D) Back fist chamber, wrist rotates to weak link (thumb) back fist, round kick, repeat round kick, create distance	(A) Single hand lapel grab (D) High block (front stance) take down, compliance (tap out)
(A) Rev wrist grab (D) Cross over escape (follow up)	

**Black Belt Training Additional Requirements**

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