

Belt Testing Requirements

Persistence

Stripe 1: Basics

Stances	Blocks	Kicks	Strikes
Rear	high/low	inner sweep	reverse elbow
	twin outer knife hand	outer sweep	twin upset knife hand

Stripe 2: Form

Phase	Moves	Stance	Target Area	Phase	Moves	Stance	Target Area
A				22. R	Punch	F	M
1. L	High/Low Block (left outside sweep)	R	H&L	23. L	Punch	F	H
2. L	Right Reverse Elbow	F	H	24. R	(step forward) Spear Hand	F	H
3. R	#4 Round Kick	--	M/H	25. R	Knife Hand	F	H
4. L	Reverse Side Kick	-	M/H	D			
5. L	Back Fist	M	H		(left inner sweep to rear stance)		
B				26. L	High/Low Block	C	H/L
6. R	Knife Hand Low Block	M	L	27. R	Outer Knife Hand Block	R	H
7. L	#2 Round Kick	--	M/H	28. L	Spear Hand	R	H
8. L	Repeat Round Kick	-	M/H	29. L	Side Kick to side	-	M
9. B	Twin Upset Knife Hand	L	H	30. R	Outer Knife Hand Block	M	H
A opposite				31. L	Punch	M	M
10. R	High/Low Block (right outside sweep)	R	H&L	C opposite			
11. L	Left Reverse Elbow	F	H	32. B	Twin Outer Knife Hand Block	F	H
12. L	#4 Round Kick	--	M/H	33. L	#2 Front Kick	-	M/H
13. R	Reverse Side Kick	-	M/H	34. L	Side Kick to side - Ki-hap	-	M
14. R	Back Fist	M	H	35. L	Punch	F	M
B opposite				36. R	Punch	F	H
15. L	Knife Hand Low Block	M	L	37. L	(step forward) Spear Hand	F	H
16. R	#2 Round Kick	--	M/H	38. L	Knife Hand	F	H
17. R	Repeat Round Kick	-	M/H	D opposite			
18. B	Twin Upset Knife Hand	R	H		(right inner sweep to rear stance)		
C				39. R	High/Low Block	C	H/L
19. B	Twin Outer Knife Hand Block	F	H	40. L	Outer Knife Hand Block	R	H
20. R	#2 Front Kick	-	M/H	41. R	Spear Hand	R	H
21. R	Side Kick to side - Ki-hap	-	M	42. R	Side Kick to side	-	M
				43. L	Outer Knife Hand Block	M	H
				44. R	Punch	M	M

Stripe 3: Self Defense & board break

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

(A) lapel grab w/wrist grab (D) high / low radial strike/ wrist release	(A) two hand choke (D) jugular notch distraction
(A) two hand lapel grab (D) cross over leverage w/push	always follow up then create distance or submission

Additional Requirements

weapons	Board Breaks	Sparring / self defense	Workbook
See worksheet	1 above hand technique	Daan chi sou	Persistence worksheet
	1 above foot technique	single sticky hands	attendance checklist