



## Black Belt Test

### Punching

- Rear Hand Punch
- Double Punch
- The Blitz (Back-Fist, Stepping Punch, Rear Hand Punch)
- Jab, Uppercut, Hook, Punch

### Basic Kicking

- Back Leg Snap Front
- Front Leg Round Kick
- Step Slide Side Kick
- Back Leg Crescent Kick (Outside)
- \*Front Leg Hook Kick
- \*Back Leg Round Kick (3 counts)
- \*Back Leg Side Kick (3 counts)
- \*Form Front Kick

### Combination Kicking

- Front Leg Front Kick, Skipping Front Kick, Flying Front Kick
- Triple Round Kick
- Back Leg Side, Turning Side

### Self Defense (Emergency and Release)

#### CHOKES

- Two Hand Front \*Two Hand Back \*Rear Forearm \*Side Headlock

#### WRIST GRABS

- Same Side \*Cross Side \*Two To One
- Two To Two (Front) \*Two To Two (Rear)

#### SHIRT GRABS

- Single Lapel \*Double Lapel \*Side Shoulder Grab

### One Step Sparring

- (Stepping Punch) Side Step Round Kick, Grab, Knee, Double Elbow
- (Stepping Punch) Step Inside Parry, Grab, Strike
- (Stepping Punch) Step Outside, Break, Elbow, Spin Through
- (Back Leg Front Kick) Step Back, X Block, Pull, Elbow

## Traditional Movements

- Double Knife Hand, Shift and Punch
- Back Leg Form Front Kick, Punch
- Front Stance Stepping Punch
- Front Stance Down Block
- Under Middle Block, Shift and Punch, Rising Block

## Forms

- Form #1
- Palgue 7
- Chung-Mu

## X-Rays (Speed and Accuracy)

- Pop Up Front Leg Round Kick
- Switching Axe Kick
- Spinning Hook Kick
- Spinning Crescent Kick
- Tornado Kick
- Flying Spin Kick

## Pads (Power)

- Front Leg Front Kick (Pad Holder Moves in)
- Back Leg Front Kick
- Defensive Side Kick (Pad Holder Moves in)
- Skipping Side Kick
- Turning Side Kick
- Back Leg Round Kick

## Kick and Punch Combinations

- Double Round Kick, Double Punch, Back Leg Round Kick, Front Hand Ridge Hand, Rear Punch, Spin Kick
- Back-Fist, Spinning Back-Fist, Rear Punch, Back Leg Round, Tornado, Spin Kick
- Double Punch, Back Leg Round Kick, Spin Kick, Front Leg Round, Spin

## Sparring

- 5 Rounds (or more!)

Achieving your Black Belt is a challenge that you'll never forget! Work hard so that you will know you have really earned it. Give it your best!