



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 kick *Back leg round kick (3 count)
- Front leg round kick *Back leg side kick (3 count)
- Step slide side kick *Back leg form (lock) front kick
- Front leg hook kick
- Back leg outside crescent kick (outside of foot)

Combination Kicking

- Front leg front, skipping front, flying front
- Triple round kick (moving in, three heights)
- Back leg side, turning side

Self Defense

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

HOLDS

- Full nelson *Bear hug from front, arms free or pinned,
- Bear hug from back, arms free or pinned

One Step Sparring

- (Stepping punch) Step side round kick, grab, knee, double elbow
- (Stepping punch) Step outside, break, elbow, spin through
- (Back leg front kick) Step back, (open the gate) sweeping forearm block, rear punch

Kadena De Mano

- Drill #9, also known as the cross-block drill

Traditional Movements

- Double knife hand, shift and punch
- Front stance stepping punch
- Back leg form front kick, punch
- Under middle block, shift, punch, cross, rising block
- Front stance down block

Forms

- Form #1
- Palgue 7
- Chung-Mu
- Bonus form, weapons form to music, optional additional empty hand form

X-Rays (Speed and Accuracy)

- Pop up round kick
- Switching axe kick
- Spinning hook kick
- Spinning crescent kick
- Tornado round kick
- Flying spin crescent kick

Pads (Power)

- Defense front kick (pad holder moves in)
- Defensive side kick (pad holder moves in)
- Back leg front kick (land forward)
- Step slide side kick (land forward)
- Turning side kick (land forward)
- Back leg round kick, 5 for power (land forward) 5 fast, (set down)

Kick and Punch Combinations

1. Double round kick, double punch, back leg round kick, front hand ridge hand, rear punch, spinning crescent kick
2. Back-fist, spin back-fist, rear punch, back leg round, tornado, spinning crescent
3. Double punch, back leg round, spin, front round, spin

Board Breaking

- Side Kick and Palm

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!