



Black Belt Test

Punching

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

Basic Kicking

- Front Leg Snap Front *Back Leg Thrust (Lock) Front Kick
- Front Leg Round Kick *Back Leg Round Kick
- Basic Side Kick *Back Leg Side Kick
- Front Leg Hook Kick
- Back Leg Crescent Kick (Inside to Outside)

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

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!