

RECOMMENDED BLACK BELT REQUIREMENTS

1. Stationary Hand Techniques

- A. Twin open-hand block
- B. Pushing block
- C. Swallow-tail strike
- D. Reverse ridge-hand strike
- E. ^ Review all past belt level's requirements

2. Stationary Kicking Techniques

- A. Jumping turning side kick
- B. Jumping turning back kick
- C. Turning hook kick
- D. Jumping turning hook kick
- E. Flying side kick punch
- F. ^ Review all past belt level's requirements

3. Sparring Drills

- A. Roundhouse kick, step down, pull back, roundhouse kick, turning hook kick
- B. Roundhouse kick, step down, pull back, turning side kick, roundhouse kick, jump roundhouse kick
- C. Roundhouse kick, skip roundhouse kick, turning hook kick
- D. Front push kick
- E. Lead knee guard, roundhouse, inside crescent, and/or axe kick
- F. ^ Review all past belt level's requirements
- G. ^ Review all sparring steps

4. Moving Form Basics

- A. Twin open-hand forearm block right back stance, step into right front stance swallow-tail strike
- B. Right back stance down block, shift to left front stance head grab
- C. Roundhouse kick, turning side kick, land opposite back stance guarding block
- D. Side kick, side kick, land opposite back stance "X" block
- E. ^ Review all past belt level's requirements

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5. Form / Pattern Information

A. Choong Moo

1. 30 Movements
2. Kiap points: 12/30
3. Meaning: Choong Moo was the given name of the great admiral Yi Sun-Sin of the Yi dynasty. In 1592 A.D. he invented the first armored battleship, which looks like the present day submarine. The reason this pattern ends in a left hand attack is to symbolize his regrettable death. Having no chance to show his loyalty to the king.
4. Shape: Capital "T"

6. One-Step Sparring / Hapkido *(See attachments)*

- A. One steps: 1-12
- B. ^ Review all past belt level's requirements

7. Conditioning

- A. 25 to 50 Push-ups
- B. 25 to 50 Sit-ups
- C. Running in place/breakdown 10x to 12x
- D. ^ Review all past belt level's requirements