

Black Belt Curriculum

1st Degree(Chodan) to 2nd Degree (E-Dan) Black Belt Requirements			
2 Years with 3 Recertifications each 6 months apart			
<u>1st Recertification</u> <i>Yellow Stripe</i>	<u>2nd Recertification</u> <i>Orange Stripe</i>	<u>3rd Recertification</u> <i>Green Stripe</i>	<u>E-Dan Test</u> <i>2nd Degree</i>
<u>Basics</u> Combinations requested by testing board	<u>Basics</u> Combinations requested by testing board	<u>Basics</u> Combinations requested by testing board	<u>Basics</u> Combinations requested by testing board
<u>Forms</u> Bassai So <u>Weapon</u> Nunchuck 1	<u>Forms</u> Bassai Dae <u>Weapon</u> Long Staff 2	<u>Forms</u> Nahanchi Cho Dan <u>Weapon</u> Sword	<u>Forms</u> All Previous Forms <u>Weapon</u> All Previous Forms
<u>Self-Defense</u> Knife defense 1 & 2 1 empty hand attacker	<u>Self-Defense</u> Knife defense 3 & 4 1 empty hand attacker	<u>Self-Defense</u> Knife defense 5 & 6 1 empty hand attacker	<u>Self-Defense</u> Knife Defense 1-6 1 empty hand attacker
<u>One Step Sparring</u> Pyung Ahn 1	<u>One Step Sparring</u> Pyung Ahn 2	<u>One Step Sparring</u> Pyung Ahn 3	<u>One Step Sparring</u> All Previous
<u>Breaking</u> 3 Board Break 2 Stations	<u>Breaking</u> 3 Board Break 2 Stations	<u>Breaking</u> Double Jump Front Kick	<u>Breaking</u> Double Jump Front Kick
<u>Sparring</u> Two versus one	<u>Sparring</u> Two versus one	<u>Sparring</u> Two versus one	<u>Sparring</u> Two versus one
<u>Endurance</u> 65 - Jumping Jacks 25 - Push Ups 15 - Sprawls 25 Sec - Mountain Climbers 15 Crunches 45 Sec Horse Stance Punches	<u>Endurance</u> 65 - Jumping Jacks 25 - Push Ups 15 - Sprawls 30 Sec - Mountain Climbers 20 - Crunches 50 Sec Horse Punches	<u>Endurance</u> 70 - Jumping Jacks 25 - Push Ups 20 - Sprawls 35 Sec - Mountain Climbers 25 - Crunches 50 Sec Horse Punches	<u>Endurance</u> 70 - Jumping Jacks 25 - Push Ups 20 - Sprawls 35 Sec - Mountain Climbers 30- Crunches 50 Sec Horse Punches
<u>Terminology</u> Black Belt Terminology Recert 1	<u>Terminology</u> Black Belt Terminology Recert 2	<u>Terminology</u> Black Belt Terminology Recert 3	<u>Terminology</u> All previous

Master Instructor reserves the right to adjust guidelines to individual circumstances to provide appropriate challenge in light of student's age and physical abilities or limitations.