

Black Belt Curriculum

2nd Degree (E-Dan) to 3rd Degree (Sam Dan) Black Belt Requirements			
3 Years with 5 Recertifications 6 months apart			
1st Recertification <i>Yellow Stripe</i>	2nd Recertification <i>Orange Stripe</i>	3rd Recertification <i>Green Stripe</i>	4th Recertification <i>Red Stripe</i>
Basics Combinations requested by testing board	Basics Combinations requested by testing board	Basics Combinations requested by testing board	Basics Combinations requested by testing board
Forms Naihanchi E-dan Weapon Longstaff 3	Forms Sip Soo Weapon Kama	Forms Naihanchi Sam Dan Weapon Sai	Forms Jindo Weapon Long Staff 4
Self-Defense All knife defense Stick Defense 1 & 2	Self-Defense All knife defense Stick Defense 3 & 4	Self-Defense All knife defense Stick Defense 5 & 6	Self-Defense All knife defense Stick Defense 1-6
One Step Sparring Pyung Ahn 4	One Step Sparring Pyung Ahn 5	One Step Sparring Pyung Ahn 6	One Step Sparring Pyung Ahn 7
Breaking 2 stations 2 boards each station Sparring Two versus one	Breaking 2 stations 2 boards each station Sparring Two versus one	Breaking Flying Side Kick Over object Sparring Two versus one	Breaking Flying Side Kick Over object Sparring Two versus one
Endurance 80 - Jumping Jacks 25 - Push Ups 15 - Sprawls 25 Sec - Mountain Climbers 40 Sec - Horse Punches 30 Sec - One leg Front Kick	Endurance 85 - Jumping Jacks 25 - Push Ups 20 - Sprawls 30 Sec - Mountain Climbers 40 Sec - Horse Punches 30 Sec - One leg Front Kick	Endurance 90 - Jumping Jacks 30 - Push Ups 25 - Sprawls 40 Sec - Mountain Climbers 40 Sec - Horse Punches 30 Sec - One leg Front Kick	Endurance 90 - Jumping Jacks 30 - Push Ups 25 - Sprawls 40 Sec - Mountain Climbers 40 Sec - Horse Punches 25 Sec - Right Leg Front Kick 25 Sec - Left Leg Front Kick
Terminology Black Belt Terminology Recert 1	Terminology Black Belt Terminology Recert 2	Terminology Black Belt Terminology Recert 3	Terminology Black Belt Terminology Recert 4

2nd Degree (E-Dan) to 3rd Degree (Sam Dan) Black Belt Requirements	
3 Years with 5 Recertifications 6 months apart	
5th Recertification <i>Blue Stripe</i>	Sam Dan Test <i>3rd Degree</i>
Basics Combinations requested by testing board	Basics Combinations requested by the testing board
Forms Review all previous forms Weapon All previous	Forms All previous forms Weapon All Previous
Self-Defense All knife defense All stick defense	Self-Defense Knife Defense 1-6 All stick defense
One Step Sparring Pyung Ahn 8	One Step Sparring All Pyung Ahn
Breaking Students Choice 4 Boards Sparring Two versus one	Breaking As requested By Testing the Board Sparring Two versus one
Endurance 90 - Jumping Jacks 30 - Push Ups 25 - Sprawls 40 Sec - Mountain Climbers 45 Sec - Horse Punches 30 Sec - Right Leg Front Kick 30 Sec - Left Leg Front Kick 100 - Jumping Jacks	Endurance As Requested by Testing Board
Terminology Black Belt Terminology Recert 5	Terminology 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.