

# Black Belt Curriculum

3rd Degree (Sam-Dan) to 4rd (Sa-Dan) Degree Black Belt Requirements 4 Years with 7 Recertifications 6 months apart			
<b>1st Recertification</b> <i>Yellow Stripe</i>	<b>2nd Recertification</b> <i>Orange Stripe</i>	<b>3rd Recertification</b> <i>Green Stripe</i>	<b>4th Recertification</b> <i>Red Stripe</i>
<b>Basics</b> As requested by testing board	<b>Basics</b> As requested by testing board	<b>Basics</b> As requested by testing board	<b>Basics</b> As requested by testing board
<b>Forms</b> Ro Hi	<b>Forms</b> Kong Song Kun	<b>Forms</b> Kong Song Kun	<b>Forms</b> Seishan
<b>Weapon</b> All weapons forms	<b>Weapon</b> All weapons forms	<b>Weapon</b> All weapons forms	<b>Weapon</b> All weapons forms
<b>Self-Defense</b> 2 empty hand attacker All knife defense All stick defense Sword defense 1-2	<b>Self-Defense</b> 2 empty hand attacker All knife defense All stick defense Sword defense 3-4	<b>Self-Defense</b> 2 empty hand attacker All knife defense All stick defense Sword defense 5-6	<b>Self-Defense</b> 2 empty hand attacker All knife defense All stick defense Sword defense 1-6
<b>One Step Sparring</b> All one step sparring	<b>One Step Sparring</b> All one step sparring	<b>One Step Sparring</b> All one step sparring	<b>One Step Sparring</b> All one step sparring
<b>Breaking</b> 3 Station 2 Boards Each	<b>Breaking</b> 3 Station 2 Boards Each	<b>Breaking</b> 6 Boards Instructor's Choice	<b>Breaking</b> As requested by testing board
<b>Sparring</b> Three versus one	<b>Sparring</b> Three versus one	<b>Sparring</b> Three versus one	<b>Sparring</b> Three versus one
<b>Endurance</b> 100 - Jumping Jacks 30- Push Ups 25 - Sprawls 40 Sec - Mountain Climbers 45 Sec Horse Punces 35 Sec - Right Leg Front Kick 35 Sec - Left Leg Front Kick 15 Jump Squat	<b>Endurance</b> 100 - Jumping Jacks 30- Push Ups 25 - Sprawls 40 Sec - Mountain Climbers 45 Sec Horse Punces 35 Sec - Right Leg Front Kick 35 Sec - Right Leg Front Kick 20 Jump Squat	<b>Endurance</b> 100 - Jumping Jacks 35- Push Ups 25 - Sprawls 45 Sec - Mountain Climbers 45 Sec - Horse Punces 35 Sec - Right Leg Front Kick 35 Sec - Right Leg Front Kick 20 Jump Squat	<b>Endurance</b> 100 - Jumping Jacks 35- Push Ups 25 Sprawls 45 Sec - Mountain Climbers 50 Sec - Horse Punces 40 Sec - Right Leg Front Kick 40 Sec - Right Leg Front Kick 25 Jump Squat
<b>Terminology</b> Black Belt Terminology Recert 1	<b>Terminology</b> Black Belt Terminology Recert 2	<b>Terminology</b> Black Belt Terminology Recert 3	<b>Terminology</b> Black Belt Terminology Recert 4

3rd Degree (Sam-Dan) to 4rd (Sa-Dan) Degree Black Belt Requirements 4 Years with 7 Recertifications 6 months apart			
<b>5th Recertification</b> <i>Blue Stripe</i>	<b>6th Recertification</b> <i>Purple Stripe</i>	<b>7th Recertification</b> <i>White Stripe</i>	<b>Sa-Dan Test</b> <i>4th Degree</i>
<b>Basics</b> Combinations requested by testing board	<b>Basics</b> Combinations requested by testing board	<b>Basics</b> Combinations requested by testing board	<b>Basics</b> Combinations requested by testing board
<b>Forms</b> Wanshu	<b>Forms</b> Review All Forms	<b>Forms</b> Review All Forms	<b>Forms</b> All Forms
<b>Weapon</b> All weapons forms	<b>Weapon</b> All weapons forms	<b>Weapon</b> All weapons forms	<b>Weapon</b> All weapons forms
<b>Self-Defense</b> 3 empty hand attackers All knife defense All stick defense All sword defense	<b>Self-Defense</b> 3 empty hand attackers All knife defense All stick defense All sword defense	<b>Self-Defense</b> 3 empty hand attackers All knife defense All stick defense All sword defense	<b>Self-Defense</b> 3 empty hand attackers All knife defense All stick defense All sword defense
<b>One Step Sparring</b> All one step sparring	<b>One Step Sparring</b> All one step sparring	<b>One Step Sparring</b> All one step sparring	<b>One Step Sparring</b> All one step sparring
<b>Breaking</b> 8 Boards 4 station Any technique	<b>Breaking</b> 8 Boards 4 Station Any technique	<b>Breaking</b> Students choice 6 Or 8 Board Break	<b>Breaking</b> As requested by testing board
<b>Sparring</b> Three versus one	<b>Sparring</b> Three versus one	<b>Sparring</b> Three versus one	<b>Sparring</b> Three versus one
<b>Endurance</b> 100 - Jumping Jacks 30- Push Ups 25 - Sprawls 45Sec - Mountain Climbers 45 Sec Horse Punces 45 Sec - Right Leg Front Kick 45 Sec - Left Leg Front Kick 25 Jump Squat	<b>Endurance</b> 100 - Jumping Jacks 30- Push Ups 25 - Sprawls 40 Sec - Mountain Climbers 45 Sec Horse Punces 45 Sec - Right Leg Front Kick 45 Sec - Left Leg Front Kick 30 Jump Squat	<b>Endurance</b> 100 - Jumping Jacks 30- Push Ups 25 - Sprawls 40 Sec - Mountain Climbers 45 Sec Horse Punces 45 Sec - Right Leg Front Kick 45 Sec - Left Leg Front Kick 30 Jump Squat	<b>As Requested by Testing Board</b>
<b>Terminology</b> All previous	<b>Terminology</b> All previous	<b>Terminology</b> All Previous	<b>Terminology</b> 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.