

**1ST DEGREE BLACK BELT\****(Testing 1st Degree to 2nd Degree)***Physical Requirements:**

- 1) ATTENDANCE
  - A) Fulfill the attendance requirements upon entering the Black Belt Candidate program
  
- 2) HAND TECHNIQUES
  - A) Stick block
  - B) Single hand pressing block
  - C) Double hand pressing block
  - D) Single low knife hand block
  - E) Outside knife hand neck strike
  - F) Tiger mouth strike
  - G) Twin outside middle block
  - H) Outside middle ridge hand block
  
- 3) KICKS
  - A) All previous kicks
  
- 4) KICKING SEQUENCES
  - A) Master's Decision
  
- 5) STANCES
  - A) All previous stances
  
- 6) FORM
  - A) Koryo
  - B) Dosan
  - C) Wonhyo
  - D) Yulgok
  - E) Joon Gun
  - F) All previous forms
  
- 7) IL BO GYORUGY (1-STEP SPARRING)
  - A) Creative 1-step sparring
    - i) 12 techniques
  
- 8) OLYMPIC SPARRING
  - A) Against one opponent
  - B) Against two opponents
  - C) Against three opponents

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### **Physical Requirements Continued:**

#### 9) SELF-DEFENSE

##### A) Wrist Grabs

##### i) Straight arm grab (right on left/left on right)

- 1) On the hand that is being grabbed, turn the hand so the palm is facing up. Reach underneath with the free hand, grab the attacker's hand and pull down. Rotate the hand that was being grabbed to the back of the attacker's hand. With both hands, rotate the attacker's wrist to the outside of your body while pushing the hand towards him/her. If done correctly, the wrist can be broken.
- 2) Rotate the hand that is being grabbed towards the outside. At the top of the rotation (by your shoulder) grab the back of the attacker's hand with your free hand. Step in placing the elbow on top of the attacker's arm and press down. When done correctly you can break the wrist, elbow, or shoulder depending on where you apply pressure.

##### ii) Double Straight Arm Grab

- 1) Bring both arms up to your chest and use your elbow to strike the attacker's arm.

##### iii) Two hands on one

- 1) Reach in-between the attacker's arms and grab your own hand and lift your elbow (of the arm that's being grabbed) towards the attacker's chin.

##### B) Collar Grabs

##### i) Single hand collar grab

- 1) Reach across and grab the back of the attacker's hand. Rotate so the attacker's thumb is down. With the other hand bend the attacker's elbow. Rotate the attacker's hand so his/her pinky rotates towards his/her face while taking one step forward.
- 2) Grab the attacker's arm as if you are shaking hands with the inside of his/her elbow. With your other hand grab the attacker's wrist with your palm facing up. Walk under your arm and turn to the attacker's back creating an arm lock.

##### ii) Double hand collar grab

- 1) Bring one hand underneath the attacker's hands. Grab your own hand and step across while thrusting your arms as if you are swinging a baseball bat.
- 2) Bring your triceps down on top of both of the attacker's arms (stepping with the same foot as the hand you're using). This force will cause the attacker to lean forward. Using the same arm, elbow the attacker in the face.

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**Physical Requirements Continued:**

## 9) SELF-DEFENSE CONTINUED

## C) Hair Grabs

## i) Single hand hair grab from the front

- 1) Grab the attacker's hand so he/she can't pull your hair. Put your arm on top of the attacker's arm. Press down on his/her elbow until he/she is in an arm bar.
- 2) Grab the attacker's hand so he/she can't pull your hair. Lean forward, towards the attacker. Step back as you lean forward causing the attacker's wrist to bend backwards until he/she lets go.

## D) Head Locks

## 1) Head lock from the side with the attacker punching

- i) Grab the attacker's arm and pull down and tuck in chin to allow for easier breathing. Reach across the front of the attacker and stuff your hand into his/her elbow so he/she cannot punch you. Grab the punching arm from behind with your other hand. Release the first hand and grab the attacker's choking wrist. Simultaneously step back, stand up, and lift the wrist up. Duck under the arm and create an arm lock behind the attacker.

## E) Bear Hug

## 1) Attacker grabbing over the arms

- i) Stomp on foot. Move hips out to the side and hammer fist to groin. Step behind the attacker similar to a horse riding stance. Stand up straight and use inside arm to throw over the hip.

## 10) GROUND DEFENSE

- A) Buck & roll
- B) Scissor sweep
- C) Arm bar from the bottom of the guard
- D) Arm bar from the top of the mount

## 11) KNIFE DEFENSE

- A) Techniques 1-6 (See descriptions on page 66)

## 12) BOARD BREAKING

- A) Six boards fulfilling the requirements given during candidacy

## 13) STRENGTH TEST

- A) 50 pushups
- B) 50 situps

## 14) ENDURANCE TEST

- A) Two rounds of Master's Choice – Two minutes each round with a 30 second break in between

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### **Mental Requirements:**

*Note: Mental requirements will be in the form of a written test prior to the physical black belt testing.*

- 1) ESSAY: Prompts will be assigned by instructors during candidacy.  
(3 pages, typed, double spaced, standard font and margins)
- 2) WHAT IS THE MEANING OF THE BLACK BELT?
  - The end of one life cycle and the beginning of a new one.
- 3) MEANINGS OF 6 ITF FORMS (CHONJI THROUGH JOON GUN)
- 4) MEANING OF KORYO
- 5) ADDITIONAL KOREAN TERMINOLOGY (See introduction section of the manual, page 9)
- 6) ALL PREVIOUS MENTAL REQUIREMENTS

### **Other Requirements:**

- 1) MINIMUM 3.0 GPA OR EQUIVALENT FOR STUDENTS
- 2) COMMUNITY SERVICE
- 3) BELT TEST ASSISTANCE

\* BLACK BELT TESTING REQUIREMENTS ARE SUBJECT TO MODIFICATION PER THE MASTERS' DECISIONS.