

BLACK BELT TRAINING PROGRAM

REQUEST BLACK BELT PACKAGE FROM INSTRUCTOR

*See Instructor

Increase Physical Conditioning:

40 Push Ups 1 minute

40 Full Sit ups 1 minute

1 Mile Run

Commit to class attendance 3-5 days per week

☐ PRELIMINARY BLACK BELT "1" TEST REVIEW

10-12 Weeks - Minimum 24 Training Hours

Basic Grades Review: Techniques & Patterns

Grade 10 White Belt 4 Dir Punch / Block 7/8

Grade 9 Yellow Stripe Chon Ji 19 moves

Grade 8 Yellow Belt Dan Gun 21 moves

Basic Self Defense #1-6

Basic Three Step Sparring #1-3

Required Breaks at EACH preliminary test:

ADULT (8 boards)

Supply Your Own Boards

1" X 12" #2 Pine

Cut every 10"

1. Front Kick
2. Back Kick
3. Turning Kick
4. Spin Side Kick
5. Hand Technique

JUNIOR (8-11) (8 boards)

Supply Your Own Boards

1" X 12" #2 Pine

Cut every 8"

1. Side Kick
2. Spin Side Kick
3. 360 Spin Side Kick
4. Flying Side Kick
5. Downward Hammerfist

1

Preliminary Black Belt I

PATTERN: CHOONG MOO MOVES: 30 Parallel Ready Stance

MEANING- was the name given to the great Admiral Yi Soon-Sin of the Lee Dynasty. He was reputed to have invented the first armored battleship (Kobukson) in 1592, which is said to be the precursor of the present day submarine. The reason why this pattern ends with a left hand attack is to symbolize his regrettable death, having no chance to show his unrestrained potentiality checked by the forced reservation of his loyalty to the king.

Count	Technique	Stance	Facing	Comment
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- | | | | | |
|-----|-------------------------------------|---------|----|----------------------------------|
| 1. | Twin Outer Knifehand Block | L | B | |
| 2. | High Front Knifehand Strike | Walking | B | |
| 3. | Middle Knifehand Guard | L | A | |
| 4. | High Flat Fingertip Thrust | Walking | A | |
| 5. | Middle Knifehand Guard | L | D | |
| 6. | L Bending Ready Stance A | | C | |
| 7. | R Middle Side Piercing Kick | | C | |
| 8. | Middle Knifehand Guard | L | D | |
| 9. | R Flying Side Piercing Kick | | D | Land Middle Knifehand Guard to D |
| 10. | Outer Forearm Low Block | L | A | |
| 11. | Grab Opponent's head | Walking | | |
| 12. | R Upward Knee | | A | Pull Both Hands Downward |
| 13. | High Reverse Knifehand Strike | Walking | B | |
| 14. | R High Turning Kick | | BD | |
| 15. | L Middle Back Piercing Kick | | B | |
| 16. | Middle Forearm Guard | L | A | |
| 17. | L Middle Turning Kick | | | |
| 18. | U-Shaped Block | Fixed | C | |
| 19. | Middle Knifehand Guard | L | C | Jump and Spin Counter-Clockwise |
| 20. | R Upset Fingertip Thrust | Walking | | |
| 21. | R Side-Back Backfist Strike/ | L | | |
| 22. | L Low Block | | | |
| | R Middle Straight Fingertip Thrust | Walking | C | |
| 23. | L Double Forearm High Block | Walking | B | |
| 24. | R Middle Front Outer Forearm Block/ | | | |
| | R High Side Strike | Sitting | C | |
| 25. | R Middle Side Piercing Kick | | A | |
| 26. | L Middle Side Piercing Kick | | | |
| 27. | Knifehand X-Checking Block | L | B | |
| 28. | Twin Palm Upward Block | Walking | B | |
| 29. | R Outer Forearm Rising Block | Walking | A | |
| 30. | L Middle Reverse Punch | Walking | A | No Step |

Step Left Foot To Ready Posture

Choong Moo

**** Note: The pattern
CHOONG MOO
is NOT required until
BLACK BELT TEST**