BLACK BELT TRAINING PROGRAM | **INTERMEDIATE** | 20-24 Training Hours | **6** | **Green Belt to Blue Stripe**

FITNESS

☐ 30 sec. Push Ups ☐ 30 sec. Sit Up
☐ 30 sec. Consecutive Side Kicks ea leg

SPECIALTY KICKING
Jump Kick Advancing
☐ Front ☐ Side ☐ Turning
☐ Axe Kick

Combination:
☐ Lead Leg Side Kick/Spin Side

☐ **SELF DEFENSE**
1. **Hook Punch / Weapon to Head**
2. **Straight Push / Inside & Outside**
3. **2 Hand Pushing - Front/Rear**
4. **Waist Grab Front/Rear**
5, Bear Hug Front/Rear

☐ **-1- STEP SPARRING**
1. **L Block / R High Punch (simltaneous)**
2. **L Palm Block, R Middle Punch**
3. **Dbl Punch Attack**
   R Inside/Outside Forearm Block
   R Rising Kick, R Upset Punch
4. **R KnifeHand Block, R Hooking Kick**
5. R KnifeHand Block, R Side Kick
6. R KnifeHand Block, R Turning Kick

☐ **PATTERN Do San**
☐ **PATTERN Won Hyo**

☐ **Educational Requirements**
-See requirement listed-

SPARRING
NOTE: Sparring "Safety Gear" is Required at this level.
Sparring Footwork #1-7
Free Sparring - Line Up By Height

FOCUS BREAK

Adult-	Skip Front Kick
	360' Spin Side Kick
Junior–	360' Spin Side Kick

*2 Board Required- 1' x 12" #2 Pine
Adult cut every 10 "
Junior cut every 8 "

EDUCATION TEST REQUIREMENT

☐ **PATTERN Do San 24 Moves**
☐ **PATTERN Won Hyo 28 Moves**

☐ **MEMORIZE WON HYO MEANING:** was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 A.D.

☐ **READY POSTURE** Closed Ready Stance A

☐ **Describe "sine-wave"**
A natural up & down body motion created through the use of "knee-spring"

☐ **Explain "opposite motion"**
Every action has an equal and opposite reaction. Every force exerted in one direction has an equal and opposite force exerted in the opposite direction. A punch with the right fist can be aided by pulling back the left fist to the hip.

☐ **Write 5 short essays based on 5 short stories taken from the book "Zen in the Martial Arts"**

☐ **Study these basic "kicks" in Korean:**

Kick	Chagi
Front Stretch Kick	Ap Cha Olligi
Side Stretch Kick	Ye Ap Cha Olligi
Front Kick	Ap Chagi
Side Kick	Ye Ap Chagi
Turning Kick	Dollyo Chagi

☐ **Study these basic "stances" in Korean:**

Attention	Charyot
Ready Stance	Joon Be Sogi
Walking Stance	Gunnun Sogi
Sitting Stance	Annun Sogi
L- Stance	Niunja Sogi

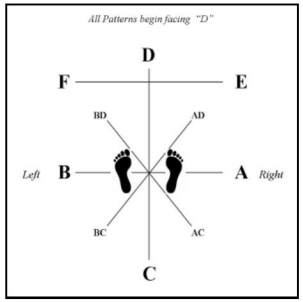
☐ **What does "SELF CONTROL" mean?**
To control my thoughts and actions by choice.

Korean terminology - ADRESSING SENIORS

Degree	Title	Translation
1-3	Assistant Instructor	*Bu Sa Bum Nim*
4-6	Instructor	*Sa Bum Nim*
7-8	Master Instructor	*Sa Hyung Nim*
9	Grand Master Instructor	*Sa Syung Nim*

PATTERN REQUIREMENT -

Patterns can be seen on line at www.usaunified.com

WON HYO 28 Moves Closed Ready Stance 'A'

Count	Technique	Stance	Facing	Comment
1.	Twin Outer Forearm Block	L	B	
2.	R Knifehand Inward High Strike		B	*No Step*
3.	L Middle Punch	Fixed	B	Slip L Foot
4.	Twin Outer Forearm Block	L	A	
5.	L Knifehand Inward High Strike		A	*No Step*
6.	R Middle Punch	Fixed	A	Slip R Foot
Step R foot to L				
7.	Bending Ready Stance A		D	
8.	L Side Piercing Middle Kick/L Punch		D	
9.	Double Knifehand Middle Guard	L	D	
10.	Double Knifehand Middle Guard	L	D	
11.	Double Knifehand Middle Guard	L	D	
12.	R Straight Fingertip Middle Thrust	Walking	D	
13.	Twin Outer Forearm Block	L	A	
14.	R Knifehand Inward High Strike		A	*No Step*
15.	L Middle Punch	Fixed	A	Slip L Foot
15.	Twin Outer Forearm Block	L	B	
17.	L Knifehand Inward High Strike		B	*No Step*
18.	R Middle Punch	Fixed	B	Slip R Foot
Step R foot to L				
19.	R Inner Forearm Circular Block	Walking	C	
20.	R Low Front Kick		C	
21.	L Middle Punch	Walking	C	
22.	L Inner Forearm Circular Block	Walking	C	
23.	L Low Front Kick			
24.	R Middle Punch	Walking	C	
25.	Bending Ready Stance A		C	
26.	R Side Piercing Middle Kick		C	
27.	Guarding Block	L	B	
28.	Guarding Block	L	A	
END:	Bring the right foot back to a ready posture.