

FIRST DEGREE BLACK BELT

approximately 4+ years

MATERIAL TO KNOW:

1. BASIC TERMINOLOGY, STANCES AND EIGHT BASICS (RECITE AND DEFINE)

2. ESCAPES:

- A. Bear hug (must know 2)
- B. Head Lock (Must know two)
- C. Chicken Wing
- D. Rear Arm Grab
- E. Sweep to Mount Escape
- F. Inside Sweep to Guard Escape
- G. Forward Sweep to Prone Escape
- E. Knife Escapes: Jab, Overhead and Slash

3. JUDO: (Must Be Able to Perform From Either Side)

- A. Front Sweep and Inside Sweep
- B. Front Hip Throw
- C. Shoulder Throw
- D. Front Short Hip Throw
- E. Side Short Hip Throw
- F. Deep Hip Throw
- G. Counters:
 - 1. All Four Counters To Shoulder Throw Series
 - 2. Step Up and Step Out Counter To Deep Hip Throw
 - 3. Three Counters to Front Sweep

4. KATA:

- A. Kata Ichi
- B. Tague I
- C. Pinan I
- D. Heian II
- E. Pinan III
- F. Heian IV
- G. Kata Ni
- H. Plural Kata
- I. Nun-Chuck Kata
- J. Staff Kata
- K. Bal Sac So
- L. Pal Sac Da
- M. Chi Kata
- N. Jion
- O. Blindfolded Kata (3 of instructors choice)
- P. Koryo

5. FRONT SIDE AND BACK ATTACKS

100 From Each Direction (Must Incorporate Balance Breaking of Opponent and striking when opponent is unbalanced) and add Finger Takedowns

*** Advanced Front Side and Back Attacks Will Be Used on 1/2 of the attacks

6. KUMITE:

A. Three Black Belts for Two Minutes Each

B. Five or More Black Belts on One.....No Striking

NOTE: If you fail to use defesive Techniques ONLY you FAIL the Promotion!

7. ADDITIONAL MATERIAL: 75 - 100 Hours of Teaching Time