



FIRST BLACK-TIP TESTING **FOR BLACK-TIP II**

TESTING REQUIREMENTS:

- ALL PREVIOUS MATERIAL
- BREAKING TECHNIQUE: TWO STATION BREAK (INSTRUCTOR'S CHOICE)
- APPROX. 2 MONTHS OF CLASS TIME (AVERAGE 4-4 CLASSES PER WEEK)
- POOMSE (FORMS) – BASIC FORM 1 & 2, TAEGEUK 1, 2, 3, 4, 5, 6, 7

YOU MUST BE ABLE TO EXECUTE THE FOLLOWING:

MOTION BLOCKS – DOWN BLOCK, HIGH BLOCK, INSIDE-OUT BLOCK, OUTSIDE-IN BLOCK, DOUBLE PUNCH, KNIFE HAND BLOCK, SINGLE KNIFE HAND IN BACK STANCE, DOUBLE KNIFE HAND IN BACK STANCE, FOREARM BLOCK IN BACK STANCE, OUTSIDE-IN BLOCK IN BACK STANCE, SUDO CHOP IN FRONT STANCE, ELBOW STRIKE IN FRONT STANCE, STEP INTO A TWIST STANCE WITH BACK FIST, SINGLE KNIFE CHOP IN FRONT STANCE, OUTSIDE-IN PALM BLOCK IN CAT STANCE, DOUBLE LOW SIDE BLOCK IN READY STANCE, COMBO INSIDE-OUT HIGH BLOCK, UPPERCUT KNIFE HAND STRIKE IN BACK STANCE, DOUBLE KNIFE HAND HIGH-LOW BLOCK IN BACK STANCE, PALM BLOCK AND BACK FIST IN CAT STANCE, BOX BLOCK, SHOULDER GRAB KNEE STRIKE DOUBLE UPPERCUT LOW X BLOCK, RIGHT LEG OUTSIDE-IN KICK TO LEFT PALM INTO RIGHT ELBOW STRIKE, LOW-HIGH X BLOCK ROTATE PALMS TOGETHER KNIFE STRIKE, SPIN DOWN BLOCK IN HORSE STANCE.

KICKS – PUSH KICK, FRONT SNAP KICK, JUMPING FRONT SNAP KICK, ROUND-HOUSE, FAST KICK, SIDE KICK, STEP FORWARD SIDE KICK, BACK LEG DOUBLE, FRONT LEG DOUBLE, BACK KICK, BACK LEG AXE KICK, HOOK KICK, STEP FORWARD HOOK KICK, BACK SWING KICK, NADOBAN KICK.

BLOCKING DRILLS – (LONG STANCE) LOW BLOCK, HIGH BLOCK, INSIDE-OUT, OUTSIDE-IN (BACK STANCE) SINGLE KNIFE HAND, DOUBLE KNIFE HAND, FOREARM BLOCK, DOUBLE HAMMER FIST LOW, INSIDE-OUT SQUARE PUNCH (RIDING HORSE STANCE) SIDE PUNCH (CAT STANCE) PALM BLOCK

SPARRING – SPARRING EQUIPMENT IS REQUIRED

WEAPONS -

- a. Batons (One-Step)
 - 3 All from Previous Belts
 - 4 One-Step 4
 - Attack: [Attack]
 - [Defense 1]
 - [Defense 2]
 - [Defense 3]
 - 5 One-Step 5
 - Attack: [Attack]
 - [Defense 1]
 - [Defense 2]
 - [Defense 3]
 - 6 One-Step 6
 - Attack: [Attack]
 - [Defense 1]
 - [Defense 2]
 - [Defense 3]
- b. Nunchucks (Motion Blocks)
 - 5 All from Previous Belts



c. Bo Staff (Forms)

1 Bo Palgwae Il-Jang (Bo Poomsae 1) – Up to first Kihap

- Joon Bi with Right Hand Reverse grip
- Turning left to Left Long Stance, Right Side Block
- Stepping forward, Load on left side, Left-Right Double Side Strike
- Turning 180° to Right Long Stance and switching to Left Hand Reverse Grip, Left Side Block
- Stepping forward, Load on right side, Right-Left Double Side Strike
- Turning 90° to front, Left Long Stance, Low Side Block
- Stepping forward, Left Side Strike
- Stepping forward to Left Back Stance, Middle Jab *Kihap*

SELF DEFENSE – EXECUTION DRILLS 11- 15 CHANGING ALL INSTRUCTION TO LEFT SIDE

One-Step Self Defense

11. Middle Punch

Step back right foot into Back stand, Right foot Outside-to-Inside Crescent kick to attacker's wrist. Without putting foot down, do right foot Side-kick, set right foot down, do left foot turning back kick with ki-hap, return to fighting position, right leg back, Ki-hap.

12. High Punch

Slide to Right, Do right foot jumping Snap kick, Land front stand, right leg back, Do Right Hand middle punch, and Left hand High punch with ki-hap. Return to fighting position with ki-hap.

13. High Punch

Step back left foot into back stand, Right foot Side kick, Left foot Jumping Turning back kick with ki-hap. Return to fighting position with ki-hap.

14. Middle Punch

Left foot Inside-to-Outside Crescent kick to attacker's wrist, Right foot Jumping Roundhouse kick to the head, Right hand Middle punch, left hand High punch with ki-hap. Return to fighting position with ki-hap.

15. Middle Punch

Left foot Inside-to-Outside Crescent kicks to attacker's wrist, Right foot Roundhouse kick to the head, Left foot Spin kick to the head, ki-hap. Return to fighting position, right leg back, Ki-hap.