

THIRD BLACK-TIP TESTING **FOR BLACK BELT**



TESTING REQUIREMENTS:

- ALL PREVIOUS MATERIAL
- BREAKING TECHNIQUE: FOUR STATION BREAK (INSTRUCTOR'S CHOICE)
- APPROX. 2 MONTHS OF CLASS TIME (AVERAGE 3-4 CLASSES PER WEEK)
- POOMSE (FORMS) – BASIC FORM 1 & 2, TAEGEUK 1, 2, 3, 4, 5, 6, 7, 8

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

COMMUNITY SERVICE – 10 HOURS

TEACHING CLASSES – 30 HOURS

ATTENDANCE TO BLACK BELT PREPARATION SPECIAL CLASSES

REFERENCE LETTER FROM A SENIOR BLACK BELT

ESSAY

KWKKIWON APPLICATION

WEAPONS -

- b. Batons (One-Step)
 - 7 Candidate Created One-Step 1
 - To be Written, Requires Instructor Approval
 - 8 Candidate Created One-Step 2
 - To be Written, Requires Instructor Approval
 - 9 Candidate Created One-Step 3
 - To be Written, Requires Instructor Approval
- c. Nunchucks
 - 13 All from Previous Belts



b. Bo Staff (Forms)

1 Bo Palgwae Il-Jang (Bo Poomsae 1) – to the end

- From first Kihap,
- Right Leg Side Kick, Switch to Overhand (Thumb-to-Thumb) Grip
- Turning 270° to the Left, Left Back Stance, Middle Jab
- Stepping forward to Right Long Stance, Right-Left Double Side Strike
- Turning 180° to Right Back Stance, Middle Jab
- Stepping forward to Left Long Stance, Left-Right Double Side Strike
- Turning 90° to the back, Left Long Stance, Low-High Double Center Block
- Stepping forward, Right Front Snap Kick Left Back Kick
- Land in Left Back Stance, Middle Jab *Kihap*
- Step forward, change to Baseball Grip, right hand on top
- Turning 270° to the Left, Left Back Stance, Right-Left Downward Diagonal Strike
- Stepping forward, Middle Thrust
- Turning 180° and switching to Left hand on top, Right Back Stance, Left-Right Downward Strike
- Stepping forward, Middle Thrust

SELF DEFENSE – EXECUTION DRILLS 16- 20 CHANGING ALL INSTRUCTION TO LEFT SIDE

One-Step Self Defense

16. Middle Punch

Slide 45° to the right, do a left hand Inside-to-Outside single knife hand block and grab the attacker's wrist. Do a right hand inside-to-outside knife hand strike to the neck, and then force the attacker to bend over by raising the arm and pushing down the shoulder. At the same time, do a left leg knee strike to the ribs, and finish with a right elbow strike to the back of the neck, ki-hap. Return to fighting position with ki-hap.

17. Middle Punch

Slide to the right and do a right hand outside-to-inside single knife hand block, right hand inside-to-outside knife hand strike to the neck, left hand middle punch, right hand high punch, right foot midsection round house kick with a ki-hap. Return to fighting position with ki-hap.

18. High Punch Takedown

Step back right foot into front stand. Do a left hand high block, grab the attacker's wrist, and twist the arm out and around in a counter clockwise circle. Do a right hand middle punch, drop to the right knee, and sweep the attacker's right foot with your right hand. Continue hold with left hand and finish with a right hand outside-to-inside knife hand strike to the neck, ki-hap. Return to fighting position with ki-hap.

19. Middle Punch

Do a left foot outside-to-inside crescent kick to the wrist, right foot jumping spin kick, right foot roundhouse kick to the head with a ki-hap. Return to fighting position with ki-hap.

20. Middle Punch Takedown

Slide left 45°. Do a left hand palm-heel thrust to the elbow, and grab the wrist. Then do a right hand ridge hand strike to the throat and sweep the right leg. Finish with the double punch to the head: right, then left, ki-hap.