

BELT REQUIREMENT

ORANGE TO ORANGE/BLACK

QUESTIONS	ANSWERS
WHAT IS THE POSITION OF THE IRON FIST	
NAME THE 7 PRINCIPLES OF BLACK BELTS	
NAME ALL 3 OF THE LEAD INSTRUCTORS	
WHICH BB PRINCIPLE IS MOST IMPORTANT	
SCHOOL RULES # 9 & 10	
WHAT DOES RESPECT MEAN	

CATEGORY	TECHNIQUE
PROPER PUSHUPS	20
STANCES	JUN BI, CHA RYUT, HORSE STANCE, FRONT STANCE, FIGHTING STANCE, WALKING STANCE, BACK STANCE
PUNCHES	JAB, REVERSE, HAMMER, ELBOW STRIKES 1-7, PALM, KNIFEHAND CHOP, KNIFEHAND STRIKE, ELBOW SMASH
BLOCKS	DOUBLE OUTSIDE BLOCK, HIGH BLOCK, LOW BLOCK, INSIDE BLOCK, OUTSIDE BLOCK, BASIC KNIFEHAND BLOCKS
KICKS	WHITE BELT, YELLOW BELT, PURPLE BELT JUMP SNAP W/ FAKE. JUMP ROUNDHOUSE W/ FAKE, STEP-UP JUMP SIDE KICK
SELF-DEFENSE	ORANGE BELT STRIKE DEFENSE # 1-4 GRAB DEFENSE OF THE MONTH
FORMS	WHITE BELT, YELLOW BELT, PURPLE BELT, TAEGUEK SAM JANG (FIRST 12 MOVES)

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