

# BELT REQUIREMENT

**BROWN/BLACK TO RED/WHITE**

QUESTIONS	ANSWERS
NAME THE 7 PRINCIPLES OF BLACK BELTS	
COUNT TO 10 IN KOREAN	
WHAT STYLE IS MOST SIMILAR TO TKD	
NAME ANOTHER STYLE WE TRAIN IN	
SCHOOL RULES # 9 & 10	
WHAT DOES COURAGE MEAN	

CATEGORY	TECHNIQUE
PROPER PUSHUPS	<b>40</b>
STANCES	JUN BI, CHA RYUT, HORSE STANCE, FRONT STANCE, FIGHTING STANCE, WALKING STANCE, BACK STANCE X STANCE, <b>CAT STANCE</b>
PUNCHES	JAB, REVERSE, HAMMER, ELBOW STRIKES 1-7, PALM, KNIFEHAND CHOP, KNIFEHAND STRIKE, ELBOW SMASH BACKFIST, UNDERCUT, RIDGEHAND STRIKE, SPINNING BACKFIST, <b>HOOK PUNCH, UPPERCUT</b>
BLOCKS	DOUBLE OUTSIDE BLOCK, HIGH BLOCK, LOW BLOCK, INSIDE BLOCK, OUTSIDE BLOCK, BASIC KNIFEHAND BLOCKS DOUBLE KNIFEHAND BLOCKS, SCISSOR BLOCK, <b>HIGH X BLOCK, LOW X BLOCK</b>
KICKS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT, GREEN BELT, BLUE BELT <b>SCOOP KICK, JUMP ROUNDHOUSE NO FAKE, SPINNING BACK KICK, JUMP SPINNING BACK KICK</b>
SELF-DEFENSE	WHITE , YELLOW, PURPLE, ORANGE, GREEN, BLUE, BROWN BELT STRIKE DEFENSE # 1-4 <b>GRAB DEFENSE OF THE MONTH</b>
FORMS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT, GREEN BELT, BLUE BELT, <b>TAEGUEK YOOK JANG</b>

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