

BELT REQUIREMENT

BLUE/BLACK TO BROWN/WHITE

QUESTIONS	ANSWERS
NAME THE 7 PRINCIPLES OF BLACK BELT EXCELLENCE	
HOW DO YOU SAY FORMS IN KOREAN	
HOW DO YOU SAY FLAG IN KOREAN	
WHAT YEAR DID IRON FIST OPEN	
SCHOOL RULES # 3 & 4	
WHAT DOES RESPECT MEAN	

CATEGORY	TECHNIQUE
PROPER PUSHUPS	30
STANCES	JUN BI, CHA RYUT, HORSE STANCE, FRONT STANCE, FIGHTING STANCE, WALKING STANCE, BACK STANCE X STANCE
PUNCHES	JAB, REVERSE, HAMMER, ELBOW STRIKES 1-7, PALM, KNIFEHAND CHOP, KNIFEHAND STRIKE, ELBOW SMASH BACKFIST, UNDERCUT, RIDGEHAND STRIKE, SPINNING BACKFIST
BLOCKS	DOUBLE OUTSIDE BLOCK, HIGH BLOCK, LOW BLOCK, INSIDE BLOCK, OUTSIDE BLOCK, BASIC KNIFEHAND BLOCKS DOUBLE KNIFEHAND BLOCKS, SCISSOR BLOCK
KICKS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT, GREEN BELT JUMP SNAP KICK NO FAKE, SPINNING HOOK KICK, NO STEP JUMP SIDE KICK
SELF-DEFENSE	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT, GREEN BELT, BLUE BELT STRIKE DEFENSE # 1-4 GRAB DEFENSE OF THE MONTH
FORMS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT, GREEN BELT, TAEGUEK OH JANG

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