

BELT REQUIREMENT

GREEN/WHITE TO GREEN

QUESTIONS	ANSWERS
NAME THE 7 PRINCIPLES OF BLACK BELTS	
THE FORMULA FOR LEARNING TECHNIQUES	
MINIMUM YEARS TO BLACK BELT	
IMPORTANT QUALITY OF AN INSTRUCTOR	
SCHOOL RULES # 3 & 4	
WHAT DOES PERSEVERANCE MEAN	

CATEGORY	TECHNIQUE
PROPER PUSHUPS	25
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 BACKFIST, UNDERCUT
BLOCKS	DOUBLE OUTSIDE BLOCK, HIGH BLOCK, LOW BLOCK, INSIDE BLOCK, OUTSIDE BLOCK, BASIC KNIFEHAND BLOCKS DOUBLE KNIFEHAND BLOCKS
KICKS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT CHARGING SIDE KICK, TORNADO KICK, HOOK KICK, JUMP SPINNING SIDE KICK
SELF-DEFENSE	GREEN BELT STRIKE DEFENSE # 1-4 GRAB DEFENSE OF THE MONTH
FORMS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE, TAEGUEK SA JANG (FIRST 6 MOVES)

**The information contained in this guide is confidential and proprietary to Iron Fist Martial Arts, LLC, its affiliates, and its students.*

**No part of this guide may be distributed or disclosed in any form to any third party without written permission of Iron Fist Martial Arts, LLC.*