



## 1ST DEGREE BLACK BELT MATERIAL

### TRADITIONAL FORMS - GREEN STRIPE

**KWANG-GYE:** 39 movements. Named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories including the greater part of Manchuria. The diagram represents the expansion and recovery of lost territory. The 39 movements refer to the first two figures of 391 A. D, the year he came to the throne.

**PO-EUN:** 36 movements. The pseudonym of a loyal subject Chong Mong-Chu (1400) who was a famous poet and whose poem "I would not serve a second master though I might be crucified a hundred times" is known to every Korean. He was also a pioneer in the field of physics. The diagram represents his unerring loyalty to the king and country towards the end of the Koryo Dynasty.

**GE-BAEK:** 44 movements. Named after Ge-Baek, a great general in the Baek Je Dynasty (660 AD). The diagram represents his severe and strict military discipline.

### SPARRING & SPARRING COMBINATIONS - RED STRIPE

**ALL PREVIOUS COMBINATIONS:** Beginner and Brown Belt combinations

**SPARRING PROFICIENCY:** 1-on-1, 2-on-1

### SELF-DEFENSE - WHITE STRIPE

- **CREATIVE PUNCH DEFENSE:** Create 5 custom defenses against a right punch. Be able to demonstrate with speed, accuracy, and technique.
- **KNIFE DEFENSE:** Display all previous knife defense material. Includes 2-on-1 with weapons
- **GUN DEFENSE:** Demonstrate all previous gun defense techniques as well as hostage situation.

### TEACHING - BLUE STRIPE

**50 HOURS (CLASSES) OF TEACHING REQUIRED FOR PROMOTION TO 2ND DEGREE BLACK.**

### BLACK BELT ATTITUDE - BLACK STRIPE

**MINIMUM OF 6 BLACK STRIPE REQUIRED:** The most important aspect of martial arts training is that of respect. As you move forward in belt rank, the importance of respect increases. Instructors will expect continued improvement to qualify for this stripe. Turn in the required responsibility sheets after they are completed.

### PHYSICAL FITNESS REQUIREMENTS

**PUSH-UPS:** survive

**SIT-UPS:** survive

**SQUATS:** survive

### BOARD BREAKING REQUIREMENTS

**KIDS (-60 LBS):** 1/2 board x 3

**KIDS (60-125 LBS):** 3/4 board x 2, 1 full board x 1

**ADULTS:** 2 full board x 3

### INFORMATION

**ALL PREVIOUS FORM INFORMATION:** Know the meanings of each form and the pattern. Additionally, know belt specific material.