

The Dojo

Effective 01/01/2017

Junior and Adult

BELT TEST REQUIREMENTS

Family Martial Arts and Self Defense

The Dojo

Gold Belt Requirements

- 1) **BLOCKS**
 - a. High*
 - b. Scoop**(These blocks are done out of a Forebalance)
- 2) **STANCES**
 - a. Left / Right Fighting Stances
 - b. Left / Right Forebalances
 - c. Horstance
(How much weight is on the front foot? 20% Sir)
(How much weight is on the back foot? 80% Sir)
- 3) **FOREBALNCE DRILL** 19 Moves – Feet only
- 4) **KICKS**
Slide ups*
 - a. *Front (With the ball of the foot)
 - b. *Roundhouse (With the instep of the foot)
 - c. *Twist
 - d. Back
- 4) **PUNCHES**
 - a. Lead*
 - b. Reverse*
 - c. Horstance R/L hand punching
 - d. Palm
*(Add slide-ups on a and b)
(What part of the hand do we punch with? 1st two knuckles sir.)
(What is the most important thing about a reverse punch? The pivot, sir)
(Why do we pivot? To create power, sir.)
- 5) **ELBOW**
 - a. Side (From a Left / Right Fighting Stance)
- 6) **KNEE STRIKES**
 - a. Executed from a L/R Forebalance
- 7) **SELF DEFENSE**
 - a. Front Choke
 - b. Rear Bear Hug
 - c. Head Lock #1
 - d. Head Lock #2
- 8) **MEMORIZATION:** “What is Tae Kwon Do?”

Sir – Tae Kwon Do is a never-ending quest for perfection an art of developing the mind and the body to defeat your constant opponent which is yourself – **Sir!**

No Sparring Required for Adults to Gold Belt

The Dojo

Orange Belt Requirements

- 1) **KATA** a. Chon-Ji 19 Moves
- 2) **MEMORIZATION:** **Chon-Ji** is “Heaven and Earth” which symbolizes the creation of the world.
- 3) **BLOCKS**
 - a. Low*
 - b. High*
 - c. Scoop
 - d. American Sudo
 - e. Modified Sudo
 - f. Chair Block
- 4) **KICKS**
 - a. Front*
 - b. Spin*
 - c. Back
 - d. Twist*
 - e. Side
 - f. Rear Leg Front Snap

C/A on all basics *
- 5) **PUNCHES**
 - a. Lead*
 - b. Reverse*
 - c. Back Fist
 - d. Palm*
 - e. Horse stance

Slide ups*
- 6) **ELBOW** a. Side (From a Left / Right Fighting Stance)
- 7) **KNEE STRIKES** a. Executed from a L/R Forebalance
- 8) **DEFLECTIONS** a. Drill One
- 9) **ONE STEPS** a. 1 and 2
- 10) **SELF DEFENSE**
 - a. Front Choke
 - b. Rear Bear Hug
 - c. Head Lock #1
 - d. Head Lock #2
 - e. Front Bear Hug
- 11) **SPARRING** 3 to 4 fights

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Green Belt Requirements

- 1) **KATA**
 - a. Chon-Ji
 - b. Tan-Gun 21 moves

- 2) **MEMORIZATION:** **Tan-Gun** is named after the legendary hero who was said to have founded Korea in 2334 B.C.

- 3) **BLOCKS**
 - a. Low*
 - b. High*
 - c. Scoop
 - d. American Sudo
 - e. Modified Sudo
 - f. Chair
 - g. Tosan
 - i. Japanese
 - j. Double Fist

- 4) **KICKS**

C/A on all basics *

 - a. Front*
 - b. Roundhouse*
 - c. Back
 - d. Twist*
 - e. Side*
 - f. Rear Leg Front Snap
 - g. Jump Front
 - h. Crescent

- 5) **PUNCHES**

Slide ups*

 - a. Lead*
 - b. Reverse*
 - c. Back Fist
 - d. Palm*
 - e. Horsestance
 - f. Ridgehand

- 6) **ELBOW** a. Side (From a Left / Right Fighting Stance)

- 7) **KNEE STRIKES** a. Executed from a L/R Forebalance

- 8) **ONE-STEPS** a. 1-4

- 9) **WEAPONS**
 - a. Escrima – 13 Strikes (L/R)
 - b. Bo – Bo-Jitsu 1

- 10) **DEFLECTIONS** a. Drill One

- 11) **COMBINATIONS** a. Lead, Reverse Punch, Come Around Roundhouse

- 12) **SELF DEFENSE**
 - a. Front Choke
 - b. Rear Bear Hug
 - c. Head Lock #1
 - d. Head Lock #2
 - e. Front Bear Hug
 - f. Right Hand Punch
 - g. Overhead Club
 - h. Come Around Club

- 13) **SPARRING** 4 to 5 fights

- 14) **INSTRUCTING HOURS BETWEEN GREEN BELTS - 6 Hours**

The Dojo

Purple Belt Requirements

- 1) **KATA**
 - a. Chon-Ji
 - b. Tan-Gun
 - c. To-San 24 Moves*

- 2) **MEMORIZATION:**

Sir, To-San is named after the great Korean patriot and educator Ahn Chang Ho. Sir

- 3) **BLOCKS**

a. Low*	d. American Sudo	g. Tosan	k. Cross Block
b. High*	e. Modified Sudo	i. Japanese	l. Single Fist
c. Scoop	f. Chair	j. Double Fist	

- 4) **KICKS**
C/A on all basics *

a. Front*	e. Side*	i. Turn Crescent
b. Round*	f. Rear Leg Front Snap	j. Turn Side
c. Back	g. Jump Front	k. Heel
d. Twist*	h. Crescent	

- 5) **PUNCHES**
Slide ups*

a. Lead*	c. Back Fist	e. Horstance
b. Reverse*	d. Palm*	f. Ridgehand

- 6) **ELBOW**

a. Side	b. Rising
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- 7) **KNEE STRIKES**

a. Executed from a L/R Forebalance

- 8) **ONE-STEPS**

1-6

- 9) **WEAPONS**

a. Escrima – 13 Strikes (L/R)	b. Bo – Bo Jitsu 1
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- 10) **DEFLECTIONS**

a. Drill One (Block Parry)	b. Drill Two (Block Parry Kick)
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- 11) **COMBINATIONS**

Back fist, Ridgehand, Come Around Roundhouse, Turn Side

- 12) **SELF DEFENSE**

a. Front Choke	f. Right Hand Punch
b. Rear Bear Hug	g. Overhead Club (Revised)
c. Head Lock #1	h. Come Around Club
d. Head Lock #2	i. Rear Arm Bar
e. Front Bear Hug	j. Rear Choke

- 13) **SPARRING**

5 to 6 fights

- 14) **INSTRUCTING HOURS BETWEEN GREEN BELTS – 8 Hours**

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Blue Belt Requirements

- 1) **KATA**
 - a. Chon-Ji
 - b. Tan-Gun
 - c. To-San
 - d. Won-Hyo

- 2) **MEMORIZATION:** a. **Won-Hyo** is named after the noted monk who introduced Buddhism to the Chinese in 686 A.D.

- 3) **BLOCKS**

a. Low*	d. American Sudo	g. Tosan	k. Cross Block
b. High*	e. Modified Sudo	i. Japanese	l. Single Fist
c. Scoop	f. Chair	j. Double Fist	m. Press Block

- 4) **KICKS**
C/A on all basics *

a. Front*	e. Side*	i. Turn Crescent	m. Jump Round
b. Round*	f. Rear Leg Snap	j. Turn Side	n. Jump Back
c. Back	g. Jump Front	k. Heel	
d. Twist*	h. Crescent	l. Turn Heel	

- 5) **PUNCHES**
Slide ups*

a. Lead*	c. Back Fist	e. Horstance	
b. Reverse*	d. Palm*	f. Ridgehand	

- 6) **ELBOW**

a. Side	b. Rising
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- 7) **KNEE STRIKES** a. Executed from a L/R Forebalance

- 8) **ONE-STEPS** 1-8

- 9) **WEAPONS**

a. Escrima – 13 Strikes (L/R)	b. Bo – Bo-Jitsu 1	c. Bo – Bo-Jitsu 2
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- 10) **DEFLECTIONS**

a. Drill One (Block, Parry)	b. Drill Two (Block, Parry, Kick)
c. Drill Three (Block, Parry, Back Fist)	

- 11) **COMBINATIONS** Backfist, Reverse Punch, Jump Come Around Round

- 12) **SELF DEFENSE**

a. Front Choke	f. Right Hand Punch	k. Kick Defense
b. Rear Bear Hug #1	g. Overhead Club	l. One Hand Lapel
c. Head Lock #1	h. Come Around Club	
d. Head Lock #2	i. Rear Arm Bar	
e. Front Bear Hug	j. Rear Choke	

- 13) **SPARRING** 7 to 8 fights

- 14) **INSTRUCTING HOURS BETWEEN BLUE BELTS** – 10 Hours

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4th Degree Brown Belt Requirements

- 1) **KATA**
 - a. Chon-Ji
 - b. Tan-Gun
 - c. To-San
 - d. Won-Hyo
 - e. Yul-Kok 38 Moves
 - f. Chung-Gun 32 Moves

- 2) **MEMORIZATION:**

Yul-Kok is named after the great philosopher and scholar Yi-I who is also known as the Confucius of Korea. Sir.

Chung-Gun is named after the patriot Ahn Chung Gun, the 32 steps represent the age at which he was tortured in prison in 1910.

- 3) **BLOCKS**
 - a. Low*
 - b. High*
 - c. Scoop
 - d. American Sudo
 - e. Modified Sudo
 - f. Chair
 - g. Tosan
 - i. Japanese
 - j. Double Fist
 - k. Cross Block
 - l. Single Fist
 - m. Press Block
 - n. Song Soo

- 4) **KICKS**
C/A on all basics *
 - a. Front*
 - b. Round*
 - c. Back
 - d. Twist*
 - e. Side*
 - f. Rear Leg Snap
 - g. Jump Front
 - h. Crescent
 - i. Turn Crescent
 - j. Turn Side
 - k. Heel
 - l. Turn Heel
 - m. Jump Round
 - n. Jump Back
 - o. Jump Side

- 5) **PUNCHES**
Slide ups*
 - a. Lead*
 - b. Reverse*
 - c. Back Fist
 - d. Palm*
 - e. Horstance
 - f. Ridgehand

- 6) **ELBOW**
 - a. Side
 - b. Rising
 - c. Back

- 7) **KNEE STRIKES**
 - a. Executed from a L/R Forebalance

- 8) **ONE-STEPS** 1-10

- 9) **BOARD BREAKS** 2 Boards – (Step Behind or Pick Up Side Kick thru 2)

- 10) **WEAPON**
 - a. Escrima – 13 Strikes (L/R)
 - b. Bo – Bo Jitsu 1
 - c. Bo – Bo Jitsu 2

- 11) **DEFLECTIONS**
 - a. Drill One (Block, Parry)
 - b. Drill Two (Block, Parry, Kick)
 - c. Drill Three (Block, Parry, Back Fist)

- 12) **COMBINATIONS** Backfist, Reverse Punch, Come Around Roundhouse, Turn Heel

- 13) **SELF DEFENSE**
 - a. Front Choke
 - b. Rear Bear Hug
 - c. Head Lock #1
 - d. Head Lock #2
 - e. Front Bear Hug
 - f. Right Hand Punch
 - g. Overhead Club
 - h. Come Around Club
 - i. Rear Arm Bar
 - j. Rear Choke
 - k. Kick Defense
 - m. Two Hand Lapel

- 14) **SPARRING** 9 to 10 fights

- 15) **INSTRUCTING HOURS** - 10 Hours

The Dojo

3rd Degree Brown Belt Requirements

- 1) **KATA**

a. Chon-Ji	e. Yul-Kok	
b. Tan-Gun	f. Chung-Gun	
c. To-San	g. Hwa-Rang	30 Moves
d. Won-Hyo		

- 2) **MEMORIZATION:** a. **Hwa-Rang** is named after the Hwa-Rang Do youth group originating about 1350 years ago, and was one of the driving forces behind the unification of the three kingdoms of Korea.

- 3) **BLOCKS**

a. Low*	d. American Sudo	g. Tosan	k. Cross Block	n. Song Soo
b. High*	e. Modified Sudo	i. Japanese	l. Single Fist	
c. Scoop	f. Chair	j. Double Fist	m. Press Block	

- 4) **KICKS**

a. Low*	e. Modified Sudo	i. Japanese	k. Single Fist
b. High*	f. Chair Block	j. Double Fist	l. Press Block
c. Scoop	g. Tosan	k. Cross Block	m. Song Soo
d. American Sudo			

- 5) **PUNCHES**
Slide ups*

a. Lead*	c. Back Fist	e. Horstance
b. Reverse*	d. Palm*	f. Ridgehand

- 6) **ELBOW**

a. Side	b. Rising	c. Back
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- 7) **KNEE STRIKES**

a. Executed from a L/R Forebalance

- 8) **ONE-STEPS** 1-12

- 9) **BOARD BREAKS** 4 Boards (1 Elbow, 1 Ridge Hand, 1 Turn Side, 1 Jump Front)

- 10) **WEAPON**

a. Escrima – 13 Strikes (L/R)	b. Bo – Bo Jitsu 1	c. Bo – Bo Jitsu 2
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- 11) **DEFLECTIONS**

a. Drill One (Block, Parry)	b. Drill Two (Block, Parry, Kick)
c. Drill Three (Block, Parry, Back Fist)	

- 12) **COMBINATIONS** Backfist, Reverse Punch, Come Around Roundhouse, Turn Heel

- 13) **SELF DEFENSE**

a. Front Choke	f. Right Hand Punch	k. Kick Defense
b. Rear Bear Hug	g. Overhead Club	l. Two Hand Lapel
c. Head Lock #1	h. Come Around Club	m. Rear Knife
d. Head Lock #2	i. Rear Arm Bar	o. Thrust Knife
e. Front Bear Hug	j. Rear Choke	p. Slash Knife

- 14) **SPARRING** 11 to 12 single fights 1 two on one fight

- 15) **INSTRUCTING HOURS** – 10 Hours

The Dojo

2nd Degree Red Belt Requirements

- 1) **KATA**

a. Chon-Ji	d. Won-Hyo	g. Hwa-Rang
b. Tan-Gun	e. Yul- Kok	
c. To-San	f. Chung-Gun	

- 2) **MEMORIZATION:** a. **Chung-Mu** is the name of the great admiral Yi Sun Sin, who was said to have invented the first armored battleship in 1592 A.D.; the left-hand attack ending the form symbolizes his unfortunate death in battle before he was able to demonstrate his complete loyalty to the king.

- 3) **BLOCKS**

a. Low*	e. Modified Sudo	i. Japanese	k. Single Fist
b. High*	f. Chair Block	j. Double Fist	l. Press Block
c. Scoop	g. Tosan	k. Cross Block	m. Song Soo
d. American Sudo			

- 4) **KICKS**C/A on all basics *

a. Front*	e. Side*	i. Turn Crescent	m. Jump Round	q. Jump Turn Crescent
b. Round*	f. Rear Leg Snap	j. Turn Side	n. Jump Back	
c. Back	g. Jump Front	k. Heel	o. Jump Side	
d. Twist*	h. Crescent	l. Turn Heel	p. Ax Kick	

- 5) **PUNCHES**

a. Lead*	c. Back Fist	e. Horsestance
b. Reverse*	d. Palm*	f. Ridgehand

- 6) **ELBOW**

a. Side	b. Rising	c. Back
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- 7) **KNEE STRIKES**

a. Executed from a L/R Forebalance

- 8) **ONE-STEPS** 1-14

- 9) **BOARD BREAKS** 6 Boards (2 sidekick, 2 Spin, 2 Back Elbow or Turn Elbow)

- 10) **WEAPON**

a. Escrima – 13 Strikes (L/R)	b. Bo – Bo Jitsu 1	c. Bo – Bo Jitsu 2
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- 11) **DEFLECTIONS**

a. Drill One (Block, Parry)	b. Drill Two (Block, Parry, Kick)
c. Drill Three (Block, Parry, Back Fist)	

- 12) **COMBINATIONS** Lead, Reverse Punch, Come Around Roundhouse, Jump Turn Crescent

- 13) **SELF DEFENSE**

a. Front Choke	f. Right Hand Punch	k. Kick Defense	q. Full Nelson
b. Rear Bear Hug	g. Overhead Club	l. Two Hand Lapel	
c. Head Lock #1	h. Come Around Club	m. Rear Knife	
d. Head Lock #2	i. Rear Arm Bar	o. Thrust Knife	
e. Front Bear Hug	j. Rear Choke	p. Slash Knife	

- 14) **SPARRING** 13 to 14 single fights 1 two on one fight

- 15) **INSTRUCTING HOURS** – 10 Hours

The Dojo

1st Degree Red Belt Requirements

- 1) **KATA**

a. Chon-Ji	d. Won-Hyo	g. Hwa-Rang	j. Toi-Gye
b. Tan-Gun	e. Yul- Kok	h. Chung Mu	
c. To-San	f. Chung-Gun	i. Chul-Gee	

- 2) **MEMORIZATION:**

a. **Chul-Gee** is Japanese in origin, the name literally means “IRON HORSE” (number one), which indicates the force with which the form should be done and the horsestances used throughout.

Toi-Gye is the pen name of the noted scholar Yi Hwang. The 37 movements of the pattern refer to his birthplace on 37 latitude, the diagram represents "*scholar*".

- 3) **BLOCKS**

a. Low*	e. Modified Sudo	i. Japanese	k. Single Fist
b. High*	f. Chair Block	j. Double Fist	l. Press Block
c. Scoop	g. Tosan	k. Cross Block	m. Song Soo
d. American Sudo			

- 4) **KICKSC/A on all basics ***

a. Front*	e. Side*	i. Turn Crescent	m. Jump Round	q. Jump Turn Crescent
b. Round*	f. Rear Leg Snap	j. Turn Side	n. Jump Back	r. Step Jump Back
c. Back	g. Jump Front	k. Heel	o. Jump Side	s. Jump Turn Heel
d. Twist*	h. Crescent	l. Turn Heel	p. Ax Kick	

- 5) **PUNCHES**
Slide ups*

a. Lead*	c. Back Fist	e. Horsestance
b. Reverse*	d. Palm*	f. Ridgehand

- 6) **ELBOW**

a. Side	b. Rising	c. Back
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- 7) **KNEE STRIKES**

a. Executed from a L/R Forebalance

- 8) **ONE-STEPS**

1-16

- 9) **BOARD BREAKS**

8 Boards (2 Sidekick, 2 Jump Side (alt. Elbow Left and Right 1 ea), 2 Palm, 1 Heel, 1 Turn Heel)
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- 10) **WEAPON**

a. Escrima – 13 Strikes (L/R)	b. Bo – Bo Jitsu 1	c. Bo – Bo Jitsu 2
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- 11) **DEFLECTIONS**

a. Drill One (Block, Parry)	b. Drill Two (Block, Parry, Kick)
c. Drill Three (Block, Parry, Back Fist)	d. Drill Four (Block, Counter, Back Fist)

- 12) **COMBINATIONS**

Lead, Reverse Punch, Come Around Roundhouse, Jump Turn Crescent

- 13) **SELF DEFENSE**

a. Front Choke	f. Right Hand Punch	k. Kick Defense	q. Full Nelson
b. Rear Bear Hug	g. Overhead Club	l. Two Hand Lapel	r. Leg Grab
c. Head Lock #1	h. Come Around Club	m. Rear Knife	
d. Head Lock #2	i. Rear Arm Bar	o. Thrust Knife	
e. Front Bear Hug	j. Rear Choke	p. Slash Knife	

- 14) **SPARRING**

15 to 17 single fights	1 two on one fight	1 three on one fight
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- 15) **INSTRUCTING HOURS** – 10 Hours

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Shodan Ho Belt Requirements

- 1) **KATA**

a. Chon-Ji	d. Won-Hyo	g. Hwa-Rang	j. Toi-Gye
b. Tan-Gun	e. Yul- Kok	h. Chung Mu	k. Bassai
c. To-San	f. Chung-Gun	i. Chul-Gee	l. Koryo - 1

- 2) **MEMORIZATION:** a. **Bassai** – Breaking thru the Fortress

- 3) **BLOCKS**

a. Low	e. Box Block	i. Tosan	m. Song Soo
b. High	f. Japanese Sudo	j. Single Fist	
c. Scoop	g. Double Fist	k. Yok-Jeen	
d. American Sudo	h. Modified Sudo	l. Double Press	

- 4) **KICKS/C/A on all basics ***

a. Front*	f. Rear Leg Front	k. Heel	p. Ax Kick	t. Jump Turn Back
b. Round*	g. Jump Front	l. Turn Heel	q. Jump Turn Crescent	u. Turn Round
c. Back	h. Crescent	m. Jump Round	r. Step Jump Back	
d. Twist*	i. Turn Crescent	n. Jump Round	s. Jump Turn Heel	
e. Side*	j. Turn Side	o. Jump Side		

- 5) **PUNCHES**

a. Lead*	c. Back Fist	e. Horstance	
Slide ups*	b. Reverse*	d. Palm*	f. Ridgehand

- 6) **ELBOW**

a. Side	b. Rising	c. Back
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- 7) **KNEE STRIKES** a. Executed from a L/R Forebalance

- 8) **ONE-STEPS** 1-20

- 9) **BOARD BREAKS** 10 Boards – (2 Side, 2 Step Behind Side, 2 Jump Back 2 Hammer Fist/Palm, 2 Elbow side or back)

- 10) **WEAPON**

a. Escrima – 13 Strikes (L/R)	b. Bo – Liberty	c. Bo – Freedom
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- 11) **DEFLECTIONS**

a. Drill One (Block, Parry)	b. Drill Two (Block, Parry, Kick)
c. Drill Three (Block, Parry, Back Fist)	d. Drill Four (Block, Counter, Back Fist)

- 12) **COMBINATIONS** Lead, Reverse Punch, Come Around Roundhouse, Jump Turn Crescent

- 13) **SELF DEFENSE**

a. Front Choke	f. Right Hand Punch	k. Kick Defense	q. Full Nelson
b. Rear Bear Hug	g. Overhead Club	l. Two Hand Lapel	r. Leg Grab
c. Head Lock #1	h. Come Around Club	m. Rear Knife	s. Gun to Chest
d. Head Lock #2	i. Rear Arm Bar	o. Thrust Knife	t. Gun to Back
e. Front Bear Hug	j. Rear Choke	p. Slash Knife	

- 14) **INSTRUCTING HOURS** – 10 Hours

- 15) **SPARRING** 18 to 20 single fights 1 two on Fight 1 Three on one fight

- 16.) **QUESTIONS**

a. How have you benefited from your training?	c. Why do you want a Black Belt?
b. What does it mean to you?	d. What qualities should a Black Belt have?

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Shodan 1st Black Belt Requirements

Prior Requirements
6 months Black Belt

- 1) **KATA**
 - a. Bassai
 - b. Koryo-1
 - c. Koryo-2
 - d. Taebaek

- 2) **WEAPONS**
 - a. History of Weapon of Choice
 - b. Make up Kata with 40 moves
(Sword, Escrima, Bo, Sai, Knife, Yari or Naganata)

- 3) **ONE STEPS** 1-4

- 4) **BRICK BREAKS** 3 Bricks

- 5) **BOARD BREAKS** 1 Monster Board (2"x12)

- 6) **BUNKAI** a. Koryo-2

- 7) **ORAL PRESENTATION** - History of Martial Arts of one of the following
Tae Kwon Do
Shotokan
Aikido
Kenpo

- 8) **INSTRUCTING HOURS** – Effectively Teach

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Sandan 2nd Degree Black Belt Requirements

Wait Time from 1st to 2nd Black Belt is 2 years.

- 1) **KATA**
 - a. Koryo-2
 - b. Po-Eun
 - c. Taebaek
 - d. Kanku Dai

- 2) **MEMORIZATION** Po-Eun was the first original 2nd Dan pattern. It represents Chong Mong-Chu (1400AD) a famous poet, whose most well-known poem is "I would not serve a second master though I might be crucified a hundred times. (36 moves)

- 2) **WEAPONS**
 - a. Bo- Independence
 - b. Weapon of Choice – 30 moves
(Escrima, Sword, Yari, Naganata, Kama, Nunchuka. Sai, Bo, Oar,)

- 3) **ONE-STEPS**
 - 1-4 (Open Hand)
 - 1-4 (Weapons)

- 4) **FIGHT SCENE WITH 3 ATTACKERS**

- 5) **SELF DEFENSE**
 - a. Knife to Throat with Theorization
 - b. Long Rifle
 - c. Gun To Chest
 - d. Gun To Back
 - e. Chair Defense (Front, Rear or Side)
 - f. Additional Self Defense per Kaicho Discretion

- 6) **BOARD BREAKS**
 - a. 1 Monster Boards (Step Behind)
 - b. 4 Standard Board (Come Around Round, come Around Spin, Come Around Instep)

- 7) **BRICK BREAKS** 3 each

- 8) **SPARRING** 4 Fights

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3rd Degree Black Belt Requirements

Wait Time from 2nd to 3rd Black Belt is 3 years.

- 1) **KATA**
 - a. Kanku Dai – To Look at the Sky
 - b. Passai – Fighting in the Dark
 - c. Jion - Love and Goodness
 - d. Kururunfa - Destroy with Ancient Mantis Techniques
- 2) **WEAPONS**
 - a. Weapon of your choice (Must have no less than 40 moves)
 - b. 4 Weapon One Step
- 3) **ONE-STEPS** 1-4 (Make-ups)
- 4) **FIGHT SCENE WITH 3 ATTACKERS**
- 5) **SELF DEFENSE:** To Be Included in Fight Scene
- 6) **BOARD BREAKS** 2 Monster Boards
6 Single Boards
- 7) **BRICK BREAKS** 4 each
- 8) **SPARRING** 3 Fights

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Yondan 4th Degree Black Belt Requirements

Wait Time from 3rd to 4th Black Belt is 4 years.

- 1) **KATA**
 - a. Jion - Love and Goodness
 - b. Kururunfa - Destroy with Ancient Mantis Techniques
 - c. Chinto
 - d. Meikyo

- 2) **WEAPONS**
 - a. Weapon of your choice (40 moves)
 - b. 4 Weapon One Step

- 3) **ONE-STEPS** 1-4 (Make-ups)

- 4) **SELF DEFENSE:** Disarming Attackers

- 6) **BOARD BREAKS** 2 Monster Boards
6 Single Boards

- 7) **BRICK BREAKS** Open

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Godan 5th Degree Black Belt Requirements

Wait Time from 4th to 5th Black Belt is 5 years.

MASTER OF THE ART

- 1) **KATA**
 - a. Meikyo
 - b. Nijushiho
 - c. Rohai
 - d. SeiPai
 - 2) **WEAPONS**
 - a. Make-Up with weapon of your choice (50 moves)
 - 3) **FIGHT SCENE WITH 5 ATTACKERS**
 - 2 Attackers at the same time
 - 3 Attackers at the same time
 - 4) **SELF DEFENSE: To Be Included in Fight Scene**
 - 5) **BOARD BREAKS** 6 Boards Total (Include at least 2 Monster Boards)
 - 6) **BRICK BREAKS** 6 to 8 each
 - 7) **SPARRING** 3 Fights
- Additional Kata's
- a. Kenji
 - b. Gojushiho Dai
 - c. Enpi
 - d. Unsu
 - e. Mattskaze

Family Martial Arts and Self Defense