

JUNIOR BLACK BELT REQUIREMENTS – APRIL 2015

Junior Black Belts will wait a minimum of 6 months between tests and are required to do a total of 60 classes between tests (15 of the 60 must be Black Belt classes) They are also required to do 1 demonstration, attend 1 tournament, and help at ½ of the test days between each of their tests. A reduced price of \$65.00 will be paid for each Junior Black Belt test

1st Level – Red/Black Belt

Form: First half of Kwang-Gae

Steps: Black Belt 1 and 2

Break: Tornado or Jump Reverse Hooking

Class Counts: 60 Total classes between tests. 15 of the 60 must be Black Belt classes.

Essay: The tenet of Courtesy (1 page)

Additional Requirements: 1 Community Service, 5 Black Belts (know face and name), know all the white belts at their branch by name, Buddy Night – Bring one person, Push-ups – 10 (done correctly) help with Tiny Tigers.

2nd Level – Black with White Stripe

Form: Second half of Kwang-Gae

Steps: Black Belt 3 and a made up one step.

Detail: White Forms and One-Steps (show instructor) so they are able to help work with white belts.

Break: Double Side Kick

Class Counts: 60 Total classes between tests. 15 of the 60 must be Black Belt classes.

Essay: The tenet of Integrity (1 page)

Additional Requirements: 1 Community Service, 5 Black Belts (know face, and name), know all the white belts at their branch by name, Buddy Night – Bring one person, Push-ups – (15 done correctly) help with Tiny Tigers.

3rd Level – Black with Yellow Stripe

Form: First half of Palwge 8

Steps: Black Belt 4 and a different made up one step and one made up self-defense.

Detail: Yellow Forms and One-Steps (show instructor) so they are able to work with yellow belts.

Break: Step Side Kick thru 2 boards and Knife Hand Strike (*yellow self-defense #1*)

Class Counts: 60 Total classes between tests. 15 must be Black Belt classes.

Essay: The tenet of Perseverance (1 page)

Additional Requirements: 1 Community Service, 5 Black Belts (know face, and name), know all the white belts at their branch by name, Buddy Night – Bring one person, Push-ups – (20 done correctly) help with Tiny Tigers.

4th Level – Black with Orange Stripe

Form: Second half of Palwge 8

Steps: Black Belt 5 and a different made up one step and one made up self-defense.

Detail: Orange Forms and One-Steps (show instructor) so they are able to work with orange belts.

Break: Hammer Fist and Palm Strike (*orange self-defense #2*)

Class Counts: 60 Total classes between tests. 15 must be Black Belt classes.

Essay: The tenet of Self Control (1 page)

Additional Requirements: 1 Community Service, 5 Black Belts (know face, and name), know all the white belts at their branch by name, Buddy Night – Bring one person, Push-ups – 25 (done correctly) help with Tiny Tigers 2 times

5th Level – Black with Green Stripe

Form: Make up a form with 15-20 moves and a name (it should show off what they do well and look like they are in a fight and have one of the moves break a board)

Steps: A made up one step and one made up self-defense.

Detail: Green Forms and One-Steps (show instructor) able to work with green belts.

Make up 1 Self-defense

Break: make up Board Breaks Hand breaks and feet breaks

Class Counts: 60 Total classes between tests. 15 of the 60 must be Black Belt classes.

Essay: The Tenet of Indomitable Spirit (1 page)

Additional Requirements: 1 Community Service, 5 Black Belts (know face, and name), know all the white belts at their branch by name, Buddy Night – Bring one person, Push-ups – 30 (done correctly) help with Tiny Tigers 2 times

6th Level – Black with Blue Stripe

Form: Make up form with 15-20 moves and meaning (or add 15 moves to your last form)

Steps: Make up another One step and one made up self-defense.

Detail: Blue Forms and One-Steps (show instructor) so they are able to work with blue belts.

Make up 2 self-defense Techniques

Break: Reverse Axe Kick or Step Reverse Side Kick (360)

Class Counts: 60 Total classes between tests. 15 of the 60 must be Black Belt classes.

Additional Requirements: 1 Community Service, 5 Black Belts (know face, and name), know all white belts at their branch by name, Buddy Night – Bring one person, Push-ups – 30 (done correctly) help with Tiny Tigers 2 times

7th Level – Black with Brown Stripe

Form: Make up form with 15-20 moves and meaning (or add 15 moves to your last form)

Steps: Make up 2 one-steps and one made up self-defense.

Make up 1 self-defense

Break: Palm through 2 boards on stand (like concrete break)

Detail: 2 Brown Forms and One-Steps (show instructor) so they are able to work with brown belts.

Class Counts: 60 Total classes between tests. 15 of the 60 must be Black Belt classes.

Additional Requirements: 1 Community Service, 5 Black Belts (know face, and name), know all white belts at their branch by name, Buddy Night – Bring one person, Push-ups – 30 (done correctly) help with Tiny Tigers 2 times

Note to Instructors...If student does not work hard during class (slacking), inform student that class does NOT count toward his/her class totals.