

TESTING REQUIREMENTS

JUNIOR BLACK BELTS

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 Advanced classes). They are also required to help at 1/2 of the test days between each of their tests, complete a minimum of 1 hour of community service, and attend any special training events and tournaments. A reduced test fee will be paid for each Junior Black Belt test.

FIRST LEVEL | **Temporary Black Belt**

- Form: First half of Kwang-Gae
- 1-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 Advanced 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 – 20 (done correctly), help with Tiny Tigers or as a group leader in family class

SECOND LEVEL | **Black with White Stripe**

- Form: Second half of Kwang-Gae
- 1-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 Advanced 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 – (20 done correctly), help with Tiny Tigers or as a group leader in family class

THIRD LEVEL | **Black with Yellow Stripe**

- Form: First half of Palwge 8
- 1-Steps: Black Belt 4, one made-up 1-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 Advanced 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 – 25 (done correctly), help with Tiny Tigers or as a group leader in family class

FOURTH LEVEL | **Black with Orange Stripe**

- Form: Second half of Palwge 8
- 1-Steps: Black Belt 5, one made-up 1-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 Advanced 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 or as a group leader in family class

FIFTH 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)
- 1-Steps: One made up 1-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 – combine hand and foot techniques
- Class Counts: 60 Total classes between tests. 15 of the 60 must be Advanced 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 or as a group leader in family class

SIXTH LEVEL | **Black with Blue Stripe**

- Form: Make up form with 15-20 moves and meaning (or add 15 moves to your last form)
- 1-Steps: Make up another 1-step and two made up self-defense
- Detail: Blue Forms and One-Steps (show instructor) so they are able to work with blue belts
- Break: Reverse Axe Kick or Step Reverse Side Kick (360)
- Class Counts: 60 Total classes between tests. 15 of the 60 must be Advanced 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 or as a group leader in family class

SEVENTH LEVEL | **Black with Brown Stripe**

- Form: Make up form with 15-20 moves and meaning (or add 15 moves to your last form)
- 1-Steps: Make up two 1-steps and one made up self-defense
- Break: Palm through 2 boards on stand (performed like a 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 Advanced 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 – 35 (done correctly), help with Tiny Tigers or as a group leader in family class

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