



BLUE/BLACK BELT

4TH KUP

11/30/2022

MENTAL DEVELOPMENT

CONCEPT	TO DO's
SERVICE	DISCUSS W/ BLACK BELT INSTRUCTOR: 1. The Concept of SERVICE WRITTEN PAPER: "See a Need... Fill a Need" (Robots) Identify an act of Service (or multiple) and do it without being asked. Describe what you did and how it made you feel when you were done? Why is it important to Serve others willingly?

PHYSICAL REQUIREMENTS

TIME AT RANK: 3 MONTHS

BASICS (Blocks Start Left, Strikes Start Right)	FORMS
BLOCKS, STRIKES, & STANCES: 1. Back Leg Snap Kick, Cat Stance Reverse Palm Pressing Block 2. Cat Stance Reverse Back Fist 3. Double Step, Front Stance Middle Punch KICKS & FOOTWORK: 1. Jump Back Kick 2. Flying Side Kicks (2 Directions - Front & Side)	TAEGEUK FORM 6 MEANING: WATER REVIEW STRIPE: BASIC 1, PYONG 1 - 5, TAEGEUK 5, & TOKUMINE BO

COMBINATIONS	SPARRING
KICK: 1. Roundhouse, Jump, Butterfly Roundhouse, Back Swing Kick 2. Front Leg Middle Snap Crescent, Back Turning Hook Kick OFFENSE: 1. Front Hand Jab, Duck, Reverse Hook Punch, Rear Leg Outside Axe Kick, Jump Back Kick 2. Switch Stance & Go, Step Behind Hook Kick, Step Forward, 360 Hook Kick 3. Double Jab, Duck, Angle Reverse Punch DEFENSE: 1. Falling Away Side Kick 2. Jump Away Side Kick	REQUIREMENTS: 1. 1 ON 1 - Advanced Level vs. Black Belt Score a Point w/ at Least 1 Combo & Use Defense Combo Correctly 2. Match Time: 90 Seconds 3. Bag Work: 90 Seconds

SELF DEFENSE	
JIU JITSU SELF DEFENSE:	DEFENSE POSITIONS 1. Shrimping: Show Alone & Against a Partner 2. Side Defense: Move Backward & Show Leg Checks 3. Back Defense: Move Backward & Show Leg Checks 4. Guard: Pull Down Into Guard & Show Ability to Protect Yourself
GRABS: 1. Cross Hand Wrist Grab 2. Same Side Wrist Grab 3. Lapel & Shoulder Grabs	HAPKIDO ESCAPES: 1. Wrist Lock: Step In Right, Open Hand, Circle Step w/ Wrist Lock Throw 2. Arm Bar: Trap Hand, Step In & Roll Elbow Over Arm, Arm Bar, & Drop to Ground 3. Koga Hold: Trap Hand, Peel & Turn Over, End in Koga Hold (Drill for 30 sec)
1 STEP SELF DEFENSE: ATTACKS: 1. Right or Left High Punch	DEFENSE: 1. Open Block - Counters w/ Hands, Elbows, Knees, Feet



BLUE/BLACK BELT

4TH KUP

SELF DEFENSE (CONTINUED)

KNIFE SELF DEFENSE:

1. Knife Self Defense Concepts: Ready Stance (Open Palms) - Distancing - Front Hand Slap - Speed of Attacks
2. FRONT HAND SLAP DRILL: Defend Against Knife Attacks Using Distancing & Front Hand Slap (15 Seconds)

ATTACK WITH INTENT:

1. Street Attack Defense Concepts: Proper Movements - Close the Distance - Counters (One Boulder vs. Million Pebbles)
2. MOVE AGAINST 2 DRILL: 30 Seconds of Moving Against 2 Attackers
(No Contact) Show How to Line Up Attackers & Roll Out Movement

WEAPONS

- BO:** All Basic Blocks, Strikes, Figure 8's (Forward & Backward), & Cuts
- ADVANCED MANIPULATION:** Figure 8 Alternating Hands, Behind the Back, Behind the Neck, & Helicopter
- 1 STEP ATTACKS:**
1. Step Forward, Overhead Strike
 2. Step Forward, Side Knee Strike
- 1 STEP DEFENSES:**
1. Step Back Left, High Block, Clear to the Left, Twist Back, Strike/Strike
 2. Step Back Left, Low Block, Circle Cut Around to Right, Strike/Strike
- DUO DRILL:** Low / High Strike Drill
- SPECIALTY WEAPON:** Decide on Specialty Weapon & Demonstrate Weapon Bow-In Protocol
Present 6 - 8 Blocks w/ Appropriate Stances

JUDO

FALLING:

1. Back Slap Fall
2. Side Slap Fall
3. Roll to Side Fall
4. Front Fall

THROWING:

1. Outside Reap
2. Outside Reap Variation

OVERALL REVIEW

1. REVIEW & PASS OFF ALL PHYSICAL REQUIREMENTS: 4th KUP
*PLUS: 12th - 5th KUP FORMS
8th - 5th KUP SELF DEFENSE & ALL JUDO SERVICE
2. REVIEW MENTAL DEVELOPMENT CONCEPT: 4th KUP
3. COMPLETE CORE CONCEPTS WORKSHEET: 1 CLASS PER WEEK
4. TEACHING REQUIREMENT: 2 DIRECTION BREAK W/ ADVANCED TECHNIQUES
5. BOARD BREAK:

FORMAL TEST REQUIREMENTS

MUST HAVE COMPLETED THE FOLLOWING AT LEAST ONE WEEK PRIOR TO TEST DATE

1. SIGNED UP FOR: **FORMAL TEST**
2. EARNED: **8 PROGRESS STRIPES**
3. TURNED IN: **WRITTEN PAPER**
ATTITUDE & GRADE VERIFICATION (Under 18 years ONLY)
TEST FEE: \$45