**1ST RECOMMENDED BLACK BELT (LEVELS 1-3)
TRADITIONAL TAEKWONDO JANUARY-APRIL TESTING CYCLE**“A black belt is nothing more than a belt, a piece of cloth. Your ultimate goal should not be to get your black belt. Your ultimate goal should be to BE a black belt. Being a black belt is a state of mind, a way of life”

At Recommended Black Belt, there are 3 levels; Black with White Stripe, Black with Green Stripe, & Black with Red Stripe. Each level consists of 4 forms; Kwang Gae and 3 back forms. You have the option to test each level one at a time or multiple levels at a time.

***CURRICULUM*Black Belt Form:** Kwang Gae **Number of Moves** 39 **Form Meaning:** Kwang Gae is named after Kwang-Gae-To-Wong, the 19th King of the Koguryo Dynasty, who regained all the lost territories of Korea. The shape made by the form represents the expansion and recovery of the lost territory. The 39 moves refer to the first two numbers in the year 381 A.D., the year he came to the throne.

**Back Forms:**Blk/White: Ki Bon, Dan Gun, Do San … Blk/Grn: Won Ho, Yul Gok, Jun Gun … Blk/Red: Tae Gae, Hwa Rang, Choong Mu

[ ] ***YELLOW STRIPE: Technique List 1* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Know all techniques for Yellow-Brown Belt

[ ] ***ORANGE STRIPE: Technique List 2* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
Panatukan Hubud Flow Drill

[ ] ***GREEN STRIPE: One-Step & Self-Defense*** **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**
1. One-Step: Right Side Kick, R Tornado Inside Crescent Kick, Left Spin Side Kick. (Also, do opposite side)
2. Stand Up Defense: Push/Grab Defense (Standing & Pressed against wall/locker)
3. Stand to Ground Defense: Back Fall + Defensive Stand Up
4. Ground Defense: Defense against kicks + Mount + Takedown

[ ]  ***BLUE STRIPE: Fight Club Techniques (John Hackleman)* Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**1. Liver Punch
2. Preemptive Strike
2. Escaping Headlock
3. Ice Blitz
4. Body Fold

[ ] ***RED STRIPE: First half of form***
Kwan Gae Section 1 & 2 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

[ ] ***BLACK STRIPE: Second half of form***Kwan Gae Section 3 & 4 **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

Triple Impact Competitor Lesson **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

***Fitness:*** Combat Sprint: Burpees & Punches (starting at 7) **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

***Board Breaking:*** Left and Right Foot Technique **Instructor Initials: \_\_\_\_\_\_\_\_\_\_\_\_**

**Black Belt Essay**Topic: What does being a Black Belt mean to you and how will you Impact the community as a Black Belt?
Minimum 1 page typed or handwritten (readable). Must be turned in anytime before testing for 1st Degree Black Belt.