

1st RECOMMENDED BLACK BELT (LEVELS 1-3)

“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 w/ White Stripe, Black w/ Green Stripe, & Black w/ 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

STRIPE SYSTEM

You will have two sides of stripes. Left Side of Belt will be striped for back forms. Right side will be striped for Rec. Black Belt Curriculum.

Yellow Stripe: Technique List 1

Stances: Kwan Gae Ready Position

Kick: Twist Kick

Strike: Downward Elbow

Orange Stripe: Technique List 2

Hubud Flow Drill: Able to combine blocks and strikes in a flow drill with partner.

[] **GREEN STRIPE: One-Steps & Self-Defense**

One-Step: Right Jump Front Kick, Right High Back Fist, Left Middle Reverse Punch, Right High Punch, Right Round Kick, Stand Up Defense: Attacks from behind – Push, Headlock, Around neck

Stand to Ground Defense: Shoulder Roll

Ground Defense: Mount Defense – Punch, Forearm Pin, Wrist Pin

[] **BLUE STRIPE: Fight Club Techniques (Duke Roufus)**

1: Jab, Cross

2: Lead Leg to Power Leg

3: Double Leg Takedown

4: Jab, Cross, Hook, Round

[] **Red Stripe – First half of black belt form**

[] **Black Stripe – Second half of black belt form**

[] **Fitness Test:** Combat Sprint – Burpees with Punches (starting at 7)

[] **Board Breaking:** Left and Right Foot Technique

[] **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 any time before testing for 1st Degree Black Belt.