

FIRST DEGREE BLACK BELT



SELF-DEFENSE



1. ALL PREVIOUS DEFENSES (GRABS – EMBRACE – ONE STEP – WEAPON)
2. 4 CORNER ATTACKS SINGLE AND DOUBLE ATTACKS + STICK AND KNIFE ATTACKS
3. LONG DISTANCE AND TWO STEP
4. OPEN ATTACK AGAINST KICK, GRAB AND HAND ATTACKS

BASICS

1. REVIEW OF ALL FORMS, BASICS, SPORT AND SELF-DEFENSE
2. L STANCE KNIFEHAND BLOCK OVERPUNCH
3. L STANCE KNIFEHAND BLOCK OVERPUNCH TO A HIGH FINGER SPEAR
4. CAT STANCE CIRCLE DOWN BLOCK
5. SWORD BASICS, BLOCKS AND DRAWS
6. DEMONSTRATION OF BASIC FALLING
7. DEMONSTRATE- TIGER & CRANE APPLICATION
8. KNIFE VS KNIFE



SPORT COMBINATIONS AND DRILLS

- 8 DIRECTION KICK (ALL)
- DOUBLE FRONT AND DOUBLE PUNCH SPLIT KICK
- FRONT-SIDE SPLIT KICK AND FRONT KICK WHILE IN THE AIR



FORM AND BUNKAI [APPLICATION]

ALL LOWER FORMS AND

1. TAEGEUK 5
2. TAEGEUK 6
3. SHI PA SHO 9 ANIMAL
4. KORYO AND NIGI 2



INBETWEEN CYCLE TESTINGS

1. *KORYO AND NIGI 2*
2. *ANY ONE DEMO OF YOUR CHOICE*
3. *ALL OTHER KATA DONE BEFORE 1ST BB PRETEST (NOT DONE AT COLOR BELT TEST)*



- 1) ORAL AND AWARENESS QUESTIONS
- 2) SPARRING, FREE SPARRING, FLOW SPARRING, FLOOR, 2 ON ONE, AND TEACHING STYLE
- 3) ATTITUDE -. MUST HAVE PARENT'S AND INSTRUCTOR PERMISSION TO TEST
- 4) CLASS ATTENDANCE - TIME REQUIRED IN LAST RANK [MINIMUM OF ONE YEAR]
- 5) TEST FEE - \$150.00
- 6) WRITTEN - COMPLETE NOTE BOOK, PAPER ON THE JOURNEY TO BLACK BELT AND THE JOURNEY BEYOND

OMEGA TAO – November 2010

- 7) HELPING - ANY LEVEL CLASS
- 8) DEMO - ANY KIND OF DEMO EXCEPT JUST TALKING
- 9) BREAKING - STUDENTS CHOICE, 3 BOARD SIDE KICK, ANY KIND OF SPLIT KICK AND 1 BRICK IF OVER 16
- 10) MUST BE A MEMBER OF NATO
- 11) LOG OF CLASSES YOU HAVE HELPED IN
- 12) ATTENDANCE AND COMPLETION OF ALL BLACK BELT PRETESTS AND REQUIREMENTS
- 13) CONSISTENT ATTENDANCE IN BLACK BELT CLASSES TAUGHT BY A 4TH DEGREE OR ABOVE
- 14) PLAN FOR COMPLETING THE SPIRITUAL, PHYSICAL AND MENTAL REQUIREMENTS FOR 2ND DAN