

# THIRD 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
5. GUN CONTROL AND TAKEAWAYS

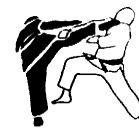
## BASICS

1. REVIEW OF ALL FORMS, BASICS, SPORT AND SELF-DEFENSE
2. BACK LEG FRONT KICK CAT STANCE REVERSE PALM BLOCK
3. FRONT LEG FRONT KICK CAT STANCE KNIFEHAND BLOCK
4. DOUBLE PALM FRONT STANCE ENERGY STRIKE
5. 3 SECTION STAFF SPINNING AND WRAPPING
6. DEMONSTRATION OF BASIC FALLING
7. DEMONSTRATE - DEER & LEOPARD APPLICATION



## SPORT COMBINATIONS AND DRILLS

- KUNG-FU SIDE KICK
- INSIDE TO OUTSIDE TO OUTSIDE TO INSIDE CRESCENT ALL IN THE AIR (BOTH FORWARD AND BACK TURNING)
- HOOK KICK, ROUND HOUSE KICK WHILE IN THE AIR



## FORM AND BUNKAI [APPLICATION]

ALL LOWER FORMS AND

1. TAEBEK
2. KUSANKU SAI

**PICK ONE OF THE FOLLOWING IN ADDITION TO THE 2 LISTED ABOVE**

TWO MAN CRANE – TIGER FORM  
HWA-RANG  
ANAKU KAMA



## INBETWEEN CYCLE TESTINGS

1. TAEBEK
2. ANY ONE DEMO OF YOUR CHOICE
3. ALL OTHER KATA DONE BEFORE 1<sup>ST</sup> BB PRETEST (NOT DONE AT COLOR BELT TESTS)



- 1) ORAL AND AWARENESS QUESTIONS
- 2) SPARRING, FREE SPARRING, FLOW SPARRING, FLOOR, 2 ON ONE, BLIND AND TEACHING STYLE
- 3) ATTITUDE -. MUST HAVE PARENT'S AND INSTRUCTOR PERMISSION TO TEST
- 4) CLASS ATTENDANCE - TIME REQUIRED IN LAST RANK [MINIMUM OF THREE YEARS]
- 5) TEST FEE - \$250.00
- 6) WRITTEN - COMPLETE NOTE BOOK AND PAPER ON HOW MARTIAL ARTS AFFECTS YOUR LIFE STYLE

- 7) HELPING - ANY LEVEL CLASS
- 8) DEMO - ANY KIND OF DEMO EXCEPT JUST TALKING
- 9) BREAKING - STUDENTS CHOICE AND 3 BRICKS 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 5TH DEGREE OR ABOVE
- 14) PLAN FOR COMPLETING THE SPIRITUAL, PHYSICAL AND MENTAL REQUIREMENTS FOR 4<sup>ND</sup> DAN