

# FOURTH 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. RIFLE CONTROL AND TAKEAWAYS

## BASICS

1. REVIEW OF ALL FORMS, BASICS, SPORT AND SELF-DEFENSE
2. WHITE CRANE KNIFEHAND BLOCKS OVER AND UNDER
3. WHITE CRANE LOW BLOCK
4. CAT STANCE REVERSE BACKFIST STRIKE
5. CAT STANCE DOWNWARD FINGER STRIKE
5. ROPE DART OR 9 SECTION CHAIN
6. DEMONSTRATION OF BASIC FALLING
7. DEMONSTRATE - MONKEY & BEAR APPLICATION



## SPORT COMBINATIONS AND DRILLS

- FLYING SIDE KICK OVER AN OBSTICAL
- FLYING SIDE KICK OFF A WALL
- JUDO THROWS AND FINISH MOTIONS FOR GRABS, PUNCHES, EMBRACES AND WEAPONS



## FORM AND BUNKAI [APPLICATION]

### ALL LOWER FORMS AND

1. PYUNGWON
2. SEISAN

PICK ONE OF THE FOLLOWING IN ADDITION TO THE 2 LISTED ABOVE  
SEIUCHIN  
CHINTO



## INBETWEEN CYCLE TESTINGS

1. PYUNGWON
2. OPEN HAND SELF DEFENSE DEMO
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 - \$300.00
- 6) WRITTEN - COMPLETE NOTE BOOK AND PAPER ON WHAT THE RESPONSIBILITIES OF A MASTER INSTRUCTOR ARE

- 7) HELPING - ANY LEVEL CLASS
- 8) DEMO - ANY KIND OF DEMO EXCEPT JUST TALKING
- 9) BREAKING - STUDENTS CHOICE AND 4 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 5<sup>TH</sup> DAN