



- OMEGA -
Red Belt with Black Stripe

RANK ADVANCEMENT REQUIREMENTS

PHYSICAL

BASICS: (Blocks: start w/ left foot – Strikes: start w/ right foot)

HAND (Blocks, Strikes, and Stances):

- 1) 10th & 9th KUP Only - ALL Basics (Hand & Kick Combinations), Sport Combinations, & Forms (Basic Form 1 & Pyong Form 1)
- 2) Bo Staff Advanced Basics: Block/Strike Forms, Figure 8's, Behind the Back, Helicopter, Flip Around the Hand, & Around the Neck Pass

KICK COMBINATIONS:

- 1) Sweeps:
 - a. Forward Hook Sweep (Outside to Inside Boot – to – Boot, with Inside of Foot)
 - b. Reverse Hook Sweep (Inside to Outside Boot – to – Boot, with Heel)
 - c. Bassai Sweep (Ground Boot – to – Boot, Roll Over on Hip to Floor Side Kick, Stand Up Facing Forward in Fighting Stance)
 - d. 180 Floor Sweep (All the Way Around, Stand Up in Fighting Stance)
- 2) Flying Doubles (Front Kick, Roundhouse, & Side Kick)
- 3) Flip Side Kick (Whole Knife-Edge Side of the Foot, Chamber & Retract Low, w/ “Flipping Motion)

SELF DEFENSE:

REQUIRED FOR TEST:

- 1) Responsible for ALL Self Defense Up to Current Rank
- 2) Knife Self Defense (Two Pokes):
- 3) **Poke #1** - Step Forward to Left Angle with Left Foot, Right Hand Peels and Grabs Attacker's Wrist, Step Under, Break the Elbow Over Shoulder (Disarm Knife), Right Foot Circles Out Wide – Elbow to the Ribs, Turn Attacker's Wrist Outward, Step Back in and Behind Attacker's Leg, Elbow to the Throat (Non-Lethal)
Poke #2 - Step Forward with Left Foot, Block with Left Hand, Both Hands Slide Down to Attacker's Wrist, Left Circle Step (Right foot pivot) to Hapkido Take-down, Turn Attacker Over, Shoulder Bar with Shin & Disarm (Non-Lethal)
- 4) Attack With Intent (Against Two Attackers – Eyes Closed)

JUDO:

GROUND CONTROL (*Must Pretest On All Previously Required Judo Techniques*)

- 1) Scarf Pin (**Three Positions: Arm Bar – Full Body Press (Arm Over Head) to Arm Out Pos**)

DEMO:

PURPOSE: To go beyond the required techniques and get outside one's self; to take what principles have been taught and expound upon them. Students must show originality through a fight scene, an original theme, or any other creative & informative demonstration.
Student's Demo Theme must be pre-approved by the head instructor.

FORMS:

Basic Form 1 (Kihon),	Palgwe #7
Pyong Forms 1, 2, 3, 4, & 5,	Bassai
Taeguek Forms 5, 6, 7, & 8	Tokumine Bo Form

SPARRING:

- 1) Free Sparring (At Least an Advanced Level)
- 2) Sparring Against 2 (Light), Floor Sparring, Flow Fighting, & Teaching Style Sparring
- 3) Must Attend At Least Two Sparring Classes per Month and Participate in at Least One Tournament per Year (**Must** Compete in at Least Forms & Sparring)
- 4) Must Have Own Full Set of Sparring Gear (Bring to Testing)

BREAKING:

TWO BREAKS:

- 1) Student's Choice of Techniques
- 2) Instructor's Choice of Techniques

****See Other Side for Mental and Testing Requirements**



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MENTAL & TESTING REQUIREMENTS

Each student must complete each of the following requirements in order to be eligible for rank advancement.
Student MUST be invited to test by Head Instructor (If under 18, must have parent's recommendation)
Student must test for rank advancement in a formal test.
Student is required to test in a white uniform.

****STUDENT MUST BE KEEPING A TEACHING NOTEBOOK (With Teaching Notes on Techniques). THE STUDENT MUST ALSO BE KEEPING AN ATTENDANCE & TEACHING LOG****

- 1) **KNOW ALL THE REQUIRED TECHNIQUES ON THE RED/BLACK BELT KUP SHEET.**
 - a. Student must have all needed stripes on his/her belt.
- 2) **STUDENT MUST PASS A PRE-TEST BEFORE BEING ALLOWED TO TEST.**
 - a. Student must be able to perform ALL FORMS up to and including high forms.
 - b. Student must present to an instructor, prior to test, ALL TECHNIQUES required on Red/Black Belt KUP sheet.
 - c. Student must pretest only on all weapons (Bo Staff, Nunchaku, & Sai) Review of Block/Strike Forms, Figure 8.
- 3) **STUDENT MUST TURN IN A WRITTEN PAPER BY THE STUDIO'S REQUIRED DEADLINE.**
 - a. TOPIC: "Create an Agenda for 5 Classes – What is the focus of each class? And, include the time break down for each class"
 - b. Paper should be a good reflection of the student's thoughts on selected topic (At Least 1-2 Pages).
- 4) **STUDENT MUST TURN IN REQUIRED TEST FEE BY THE STUDIO'S REQUIRED DEADLINE.**
- 5) **IF UNDER 18, STUDENT MUST TURN IN A COPY OF CURRENT GRADES IN SCHOOL (Student Cannot Have Any Failing Grades (F's) in Order to be Eligible to Test).**
 - a. If student is home schooled, student must have written verification from parents.
- 6) **STUDENT MUST BE PREPARED TO PASS AN ORAL EXAM AT THE TIME OF TESTING.**
 - a. Student MUST present to the Black Belt Board his/her Teaching Notebook during the oral part of testing.
 - b. Questions from the table: Why should you be considered a Black Belt candidate?
- 7) **STUDENT MUST HAVE A GOOD ATTITUDE INSIDE & OUT OF CLASS.**
(If under 18, parental recommendation required)
 - a. Student is "willing" to learn, has an open mind, and shows respect to all.
 - b. Student shows respect toward instructors, fellow students, parents, siblings, and peers.
 - c. Student needs to show qualities of an effective teacher (confident, focused, articulate, and open to constructive correction).
- 8) **STUDENT MUST SHOW CONSISTENT, WEEKLY CLASS ATTENDANCE.**
 - a. Student must attend at least one High Belt class per week (Record in notebook log).
 - b. Student must attend at least one Black Belt class per month (Record in notebook log).
 - c. Student must teach in at least one class per week (Record in notebook log).
 - d. Time required at rank: 4 - 6 Months
- 9) **STUDENT IS ABLE TO STRETCH & WARM UP CLASS.**
- 10) **OTHER REQUIREMENTS:**
 - a. Student must be current on all monthly tuition fees & NATO fees.