



- OMEGA -  
Temporary Black Belt

**RANK ADVANCEMENT REQUIREMENTS**

**PHYSICAL**

**FULL SYSTEM REVIEW:**

**WHITE STRIPE REQUIREMENTS:** *(Stripe test by appointment only. NO PAPER REQUIRED)*

- 1) 10<sup>th</sup> & 9<sup>th</sup> KUP: ALL Basics, Sport Combinations, Self Defense, & Forms (Basic Form 1 & Pyong Form 1)
- 2) Bo Staff Advanced Basics: Block/Strike Forms, Downward / Upward Figure 8's
  - a. Behind the Back, Helicopter, Flip Around the Hand, Around the Neck Pass

**YELLOW STRIPE REQUIREMENTS:** *(Stripe test by appointment only. NO PAPER REQUIRED)*

- 1) 8<sup>th</sup> & 7<sup>th</sup> KUP: ALL Basics, Sport Combinations, Self Defense, & Forms (Pyong Form 2 & Pyong Form 3)
- 2) Nunchaku Advanced Basics: Block/Strike Forms, Downward / Upward Figure 8's
  - a. Techniques w/ One Nunchaku: Horizontal / Vertical Flip Around the Hand, Downward Figure 8 Flip Around the Hand, Behind the Shoulder Pass & Behind the Back Pass
  - b. Techniques w/ Two Nunchaku: Same Direction Circle Down / Circle Up, Same Direction Flip Down Around Hand – Flip Up Around the Hand, Opposite Direction Circle Down / Circle Up, Cross Body Kamikaze

**GREEN STRIPE REQUIREMENTS:** *(Stripe test by appointment only. NO PAPER REQUIRED)*

- 1) 6<sup>th</sup> & 5<sup>th</sup> KUP: ALL Basics, Sport Combinations, Self Defense, & Forms (Pyong Form 4 & Pyong Form 5)
- 2) Sai Advanced Basics: Block/Strike Forms, Single Hand Downward / Upward Figure 8, Two Hand Figure 8
  - a. Same Direction Circle Down / Circle Up, Opposite Direction Circle Down / Circle Up

**PURPLE STRIPE REQUIREMENTS:** *(Stripe test by appointment only. MUST BRING PAPER TO TESTING)*

- 1) 4.5 KUP: ALL Basics, Sport Combinations, Self Defense, & Forms (Taeguk 5)
- 2) Escrima “Sticks” Advanced Basics: Block/Strike Forms, Single Hand / Two Hand Figure 8's, Sinwali (Inside & Outside), Heavenly 6, Heaven & Earth
- 3) Written Paper Topic: The History of the Escrima (At Least ½ Page)

**BLUE STRIPE REQUIREMENTS:** *(Stripe test by appointment only. MUST BRING PAPER TO TESTING)*

- 1) 3<sup>rd</sup> KUP: ALL Basics, Sport Combinations, Self Defense, & Forms (Taeguk 6 & Tokumine Bo Form)
- 2) Tonfa Advanced Basics: Block/Strike Forms, Single Hand Downward / Upward Figure 8, Two Hand Figure 8
  - a. Same Direction Circle Down / Circle Up, Opposite Direction Circle Down / Circle Up
- 3) Written Paper Topic: The History of the Tonfa (At Least ½ Page)

**RED STRIPE REQUIREMENTS:** *(Stripe test by appointment only. MUST BRING PAPER TO TESTING)*

- 1) 2<sup>nd</sup> & 1<sup>st</sup> KUP: ALL Basics, Sport Combinations, Self Defense, & Forms (Taeguk 7 & Taeguk 8)
- 2) Specialty Weapon (Weapon of Choice): Required to show mastery of the weapon in all aspects (Blocks, Strikes, Figure 8's, Spins, Double Handed Techniques, etc...)
- 3) Written Paper Topic: Why Do I Want to be a Black Belt? (At Least One Page)

***\*\*See Other Side for Black Belt Techniques Along With Mental and Testing Requirements***



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**PHYSICAL**

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

**HAND (Blocks, Strikes, and Stances):**

- 1) ALL Basics 10<sup>th</sup> KUP – 1<sup>st</sup> KUP
- 2) “X” Double Down Block (“X” Stance – Horse Stance), Skip Horse Stance Mountain Block
- 3) Ninjie 1 Basic (Start Left)
- 4) Gungfu Bear Claw (Start Left for a block...though also a strike)

**KICK COMBINATIONS:**

- 1) **360 Jump Kicks:** (Front Kick, Roundhouse, Side Kick, Axe Kick (Inside & Outside), Hook Kick, Back Kick, Push Kick, Back Swing Kick, Crescent (Outside & Inside))
- 2) **Jump Away Kicks:** (Front Kick, Roundhouse, Side Kick, Axe Kick (Inside & Outside), Hook Kick, Back Kick, Push Kick, Back Swing Kick, Crescent (Outside & Inside))
- 3) **Split Kicks:** (Double Front Kick / Double Punch, Front Kick / Back Kick)

**SPORT COMBINATIONS:** ALL 10<sup>th</sup> KUP – 1<sup>st</sup> KUP

**SELF DEFENSE:**

**REQUIRED FOR TEST:**

- 1) Responsible for **ALL** Self Defense
  - a. A, B, C, One Step, Two Step, & Kneeling (Be Prepared w/ 2 Original One & Two Step)
- 2) Beginning Attack w/ Intent: Escape Only (Against a Punch or Grab)
- 3) Advanced Attack w/ Intent: Leave Unable to Come After You (Use **ALL** Principles Learned From A, B, & C Self Defense)
- 4) Offensive Knife Handling: Grips, Stances, & Targets
- 5) Defensive Knife Self Defense: Six Required w/ Fatal Endings

**WEAPONS:**

**ALL BLOCK / STRIKE FORMS, FIGURE 8's, & SPECIALTY TECHNIQUES FOR:**

- 1) Bo Staff, Nunchaku, Sai, Escrima, Tonfa (*See Individual Stripe Tests*)

**JUDO:**

- 1) ALL FALLS FROM STANDING POSITION
  - a. Front, Side, Back, Roll-Out (Side & Back), Dive Roll
- 2) ALL THROWS
  - a. Hip Roll, Outside Reap, Outside Reap Variation, Shoulder Throw, Push/Pull
- 3) GROUND CONTROL: Scarf Pin
- 4) DUO “Judo Sparring”

**CHOKE HOLDS:**

**FOUR REQUIRED:** Finger to Throat, Pull/Fist to Throat, Sleeper Hold, Collar Grab

**OWN CREATION:**

**Musical, Demo, & Open Form (Either Musical or Open Form Needs to be Done w/ a Weapon)**

**FORMS:**

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

**SPARRING:**

- 1) Free Sparring (At Least an Advanced Level)
- 2) Sparring Against 2, Floor Sparring, Flow Fighting, Blind & Teaching Style Sparring
- 3) Must Participate in the **Gauntlet**
- 4) 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)
- 5) Must Have Own Full Set of Sparring Gear (Bring to Testing)

**BREAKING:**

- 1) Student's Choice of Techniques
- 2) Instructor's Choice of Techniques
- 3) One Brick (If Over the Age of 16)



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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 Black Belt 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) STUDENT MUST PRESENT HIS/HER SELF AT BLACK BELT PRESENTATION AS A POSSIBLE BLACK BELT CANDIDATE.
- 2) STUDENT MUST KNOW ALL THE REQUIRED TECHNIQUES ON THE BLACK BELT KUP SHEET.
  - a. Student must have all needed stripes on his/her belt.
- 3) STUDENT MUST PASS A PRE-TEST BEFORE BEING ALLOWED TO TEST.
  - a. Student must participate in ALL assigned pre-testing dates (unless otherwise excused).
- 4) STUDENT MUST TURN IN A WRITTEN PAPER BY THE STUDIO'S REQUIRED DEADLINE.
  - a. TOPIC: "The Philosophy of the Yin & Yang"
  - b. Paper should be a good reflection of the student's thoughts on selected topic (At Least 2-3 Pages).
- 5) STUDENT MUST TURN IN REQUIRED TEST FEE BY THE STUDIO'S REQUIRED DEADLINE.
- 6) 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.
- 7) 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 at Black Belt presentation and during the oral part of Black Belt Testing.
  - b. Questions from the table: Be prepared to answer any question from the Black Belt table.
- 8) 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).
- 9) 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. Student must attend ALL formal tests hosted at student's home studio (If unable to attend, student must excuse him/her self with the head instructor).
  - e. Time required at rank: 6 Months
- 10) OTHER REQUIREMENTS:
  - a. Student must be current on all monthly tuition fees & NATO fees.