

FIRST DAN - BLACK BELT

All techniques are executed from every stance except where noted.

Memory Verse:

- How does the following verse become real in your life:

Galatians 2:20 - (Any Version)

"I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me." NIV

Stances: All demonstrated forward/backward, turning left/right, and around.

No New Stances

Strikes:

No New Strikes

Blocks:

No New Blocks

Forms:

#10 Gwang Gae

#11 Po Eun

#12 Ge Beck

Sparring:

- Three - one minute rounds contact sparring

Kicks:

Jumping spinning back kick

Jumping spinning side kick

Jumping spinning outside crescent kick

Breaking:

- Three individual board breaks in sequence ending with a single cinder block break

Self Defense (Emphasis on break/strike/escape sequence):

Two-on-one attacks (With & Without Weapons)

Three-on-one attacks (With & Without Weapons)