

LIFE'S ULTIMATE MARTIAL ARTS ACADEMY



ADULT

BLACK BELT / DAN

REQUIREMENTS

CONGRADULATIONS! And Good Luck On Your Upcoming Test!

Your Journey Doesn't STOP Here!

Your Black Belt is a Stepping Stone for Your Degrees and Mastery of the Arts! What is Your Goal Upon Completing your Black Belt Exam?

NOTE: From Black Belt to 1st Degree Black Belt. There is a 6 month mandatory wait to test, for training & preparation. @ Life's Ultimate Martial Arts you can earn all your degrees through the martial art. After testing for your Black Belt, See Master Snipes for the Requirements of your Degree Black Belts.

Every belt of the martial arts is given a meaning for the practitioners, to get a better understanding of the growth and knowledge in which one obtains throughout training of the arts. See Previous Belt Packets!

BLACK BELT / Dan - (Completion/Rebirth) The black belt symbolizes the color of mastery. No color added to this color can change or improve it. This completes a cycle that is now begun again.

Life's Ultimate Martial Arts Academy
Adult Black Belt Requirements

1. Hours: (Class Participation on a regular basis) 60 hrs (6 months minimum as 1st Red continuous training)
2. Clean uniform with school patch (All Tests)
3. Black Belt Excellence Sheets to be turned in every month (3 White Stripes)

Phase 1: Philosophy: Yellow Stripe

1. All Previous Material
2. 500 Word Essay (What Martial Arts Means To Me)
3. History: All Previous
4. Meaning of Belt Color

Phase 2: Techniques: Blue Stripe

1. Hand Techniques:
 - A. All Previous By Command
 - B. Phase Reverse Punches (Left & Right)
2. Kicking Techniques:
 - A. All Previous By Command
 - B. Kicking/Jump Kicking/Spin Kicking/Jump Spin Kicking
3. 12 Basic Techniques Advanced: Offensive & Defensive (Left & Right)
4. Moving 12 Movements: 1-6
5. Multi-Directional Advanced Drills Phase 3
6. Required Combinations: Set 1-5
7. Board Breaking By Command / By Discretion of Master Snipes

Phase 3: Self Defense: Green Stripe

1. Triple Counters 1-6
2. Advanced One Step Attacking Techniques 1-5
3. Judo Throws Advanced: By Command
4. Aikido Locks Advanced: By Command
5. Self Defense Advanced By Command
6. Creative Self Defense

Phase 4: Kata: Red Stripe

- Rotating Form (All Previous Forms)
(Pyong An Oh Dan, UFAF 1 part 1 & 2, Bassai)
- A. Meaning of Form / History

Phase 5: Sparring

Phase All: *ALL PREVIOUS MATERIAL

CODE OF ETHICS

1. I will look for the good in all people and make them feel worthwhile.
2. I will always be in a positive frame of mind and convey this feeling to every person I meet.
3. I will give so much time to the improvement of myself that I have no time to criticize others.
4. If I have nothing good to say about a person, I will say nothing.
5. I shall continually work at developing love, happiness, and loyalty in my family and acknowledge that no other success can compensate for failure in the home.
6. I shall develop myself to the maximum of my potential in all ways.
7. I will always remain loyal to my country and obey the laws of the land.
8. I will be as enthusiastic about the success of others as I am about my own.
9. I will forget the mistakes of the past and press on to greater achievements in the future.
10. I will maintain an attitude of open-mindedness toward another persons viewpoint while still holding fast to that I know to be true and honest.
11. I will maintain respect for those in authority and demonstrate this respect at all times.
12. I will become and remain highly goal-oriented throughout my life.

TERMS

Tang Soo Do.....Art of the Knife Hand
Tang.....Knife, Worthy, China
Soo.....Hand
Do.....Way of, Art of
Kara.....Empty
Te.....Hand
Karate.....Empty Hand
Karateka.....Karate Men
T'aegukki.....Korean National Flag
Gup.....Rank below Black belt
Dan.....Black Belt Rank
Dojan (Dojo).....Studio
Co Mop Sim Nee Dha.....Thank You
Domo Arogato Gazamus ..Thank you very much (Japanese)
Ahn Young Ha Say Yo.....Good Morning, Good Afternoon
“ “ Good Evening, How are You, How do you do.
Toe Bok (Gi).....Korean Uniform

Kiai.....Shout to attain maximum tension at Impact
Ki (Chi).....Energy, life force,vital essential
Kime.....Focus
Hyung.....Pattern (Form)
Sul (Sool).....Technique
Jun Bi.....Ready Position
Parro.....Return to ready position
An Jo.....Sit Down
E La Sutt.....Stand Up

Sho.....At Ease (Relax)
Charyut.....Attention
Kyung Ne.....Bow
Mokoso.....Close your eyes
Kymoke.....Open your eyes
Nim.....Term of respect “Honorable”
Sah Bom.....Instructor
Sah Bom Nim.....Chief Instructor
Kuk Sah Nim.....Grand Master
Kwan Jung Nim...Director of a Martial Art
School, Style, or Organization.
Sensi.....Master (Japanese)
Jeja.....Student
Chul Sa.....Line Up
Say Jak.....Begin
Go Mon.....Stop

Empi... ..Elbow
Ju Mok.....Fist
Chirigee.....Punch
Makee.....Block
Cha Gee.....Kick
Dora.....Turn
So Gee.....Stance
Kumite.....Free Sparring
Dare Ee On.....Sparring

Korean Counting:

- | | |
|----------|------------|
| 1. Hana | 6. Yasut |
| 2. Dool | 7. Eel gop |
| 3. Set | 8. Yuh dul |
| 4. Net | 9. Ah hap |
| 5. Dasut | 10. Yul |

Japanese Counting:

- | | |
|---------|----------|
| 1. Ichi | 6. Rocku |
| 2. Ni | 7. Sichi |
| 3. Son | 8. Huchi |
| 4. She | 9. Ku |
| 5. Go | 10. Ju |

12 BASIC TECHNIQUES ADVANCED
Defensive & Offensive
(Phase 1)

1. Jab; Lunging Jab; Reverse Punch
2. Reverse Punch; Lunging Reverse Punch; Lead Hand Ridge hand
3. Standing Front Kick; Lead Leg Step - Slide up Front Kick; Reverse Punch
4. Stepping Front Kick (Back Leg); Lead Leg Step - Stepping Front Kick (Back Leg); Reverse Punch
5. Standing Side Kick; Lead Leg Step - Slide up Side Kick; Reverse Punch
6. Stepping Side Kick (Back Leg); Lead Leg Step - Stepping Side Kick (Back Leg); Reverse Punch
7. Standing Round Kick; Lead Leg Step - Slide up Round Kick; Reverse Punch
8. Stepping Round Kick (Back Leg); Lead Leg Step - Stepping Round Kick (Back Leg); Reverse Punch
9. Standing Outside Crescent Kick; Lead Leg Step - Slide up Outside Crescent Kick; Reverse Punch
10. Stepping Outside Crescent Kick (Back Leg); Lead Leg Step - Stepping Outside Crescent Kick (Back Leg); Reverse Punch
11. Standing Heel Kick; Lead Leg Step - Slide up Heel Kick; Reverse Punch
12. Stepping Heel Kick (Back Leg); Lead Leg Step - Stepping Heel Kick (Back Leg); Reverse Punch

12 BASIC TECHNIQUES ADVANCES
Defensive & Offensive
(Phase 2)

1. Jab; Lunging Jab; Lead Leg Heel Kick; Reverse Punch
2. Reverse Punch; Lunging Reverse Punch; Lead Leg Heel Kick; Reverse Punch
3. Standing Front Kick; Lead Leg Step - Slide up Front Kick; Lead Leg Heel Kick; Reverse Punch
4. Stepping Front Kick (Back Leg); Lead Leg Step - Stepping Front Kick (Back Leg); Lead Leg Heel Kick; Reverse Punch
5. Standing Side Kick; Lead Leg Step - Slide up Side Kick; Lead Leg Heel Kick; Reverse Punch
6. Stepping Side Kick (Back Leg); Lead Leg Step - Stepping Side Kick (Back Leg); Lead Leg Heel Kick Reverse Punch
7. Standing Round Kick; Lead Leg Step - Slide up Round Kick; Lead Leg Heel Kick; Reverse Punch
8. Stepping Round Kick (Back Leg); Lead Leg Step - Stepping Round Kick (Back Leg); Lead Leg Heel Kick; Reverse Punch
9. Standing Outside Crescent Kick; Lead Leg Step - Slide up Outside Crescent Kick; Lead Leg Heel Kick; Reverse Punch
10. Stepping Outside Crescent Kick (Back Leg); Lead Leg Step - Stepping Outside Crescent Kick (Back Leg); Lead Leg Heel Kick; Reverse Punch
11. Standing Heel Kick; Lead Leg Step - Slide up Heel Kick; Lead Leg Heel Kick; Reverse Punch
12. Stepping Heel Kick (Back Leg); Lead Leg Step - Stepping Heel Kick (Back Leg); Lead Leg Heel Kick; Reverse Punch

ADVANCED ONE-STEP ATTACKING TECHNIQUES

1. Stepping up 45° to left - execute knife hand block with right hand/forward stance - Instep roundhouse kick to mid-section with right leg - rechamber and execute arm break as right foot lands on floor/forward stance - leg sweep with left leg and side kick with left leg (KIAI) - Step away safe distance.
2. Stepping back 45° to right - execute outside chest block with left hand/back stance - Palm heel strike with right hand to nose/forward stance - step behind opponent's right leg with right leg- arm bar - right reverse punch (KIAI) - Step away safe distance.
3. Stepping back with right leg - execute a high block with left hand/back stance - Reverse punch center with right hand/forward stance - standing side kick with left leg - jump spinning back kick (KIAI) - Step away safe distance.
4. Stepping back with left leg - execute an inside chest block with right hand/straddle leg stance - Bottom fist with right hand to temple/straddle leg stance - head thrust as you walk back - ax kick with left (KIAI) - Step away safe distance.
5. Stepping up 45° to left - execute low block with right hand/forward stance - right reverse punch/forward stance - roundhouse kick to solar plexus with right leg - scissors takedown - ax kick with right leg (KIAI) - Step away safe distance.

PHASE REVERSE PUNCHES

1. Regular reverse punch.
2. Touch and go.
3. Left back fist & reverse punch.
4. Lunge reverse punch.
5. Dive bomb (left hand to forehead).
6. Defense reverse punch (left fist to right ear), step left.
7. Fake with front leg, skip and reverse punch.
8. Sweep with front - touch and go.
9. Hook right behind left, pull and lunge reverse punch.
10. Jumping reverse punch.

12 POINT MEMORY RECALL

1. Jab
2. Reverse Punch
3. Roundhouse Kick off back leg - stepping through
4. Step over Side Kick
5. Chamber (knuckles up right over left), right back hand
6. Short left jab (under punch) to mid-section
7. Lunge back using right elbow strike to head.
8. Lunge forward with right knife hand to eyes.
9. Left Reverse Punch.
10. Stepping Front Kick
11. Chamber - Left High Block
12. Right Reverse Punch - **KIAI**