

BLACK BELT INFORMATION SHEET—COMPETITION CYCLE

Congratulations on your RISE to Black Belt. By becoming a Black Belt you are now a member of an elite group of martial artists. Now it is time to put your skills to use. Black Belts are built to lead and as a leader it is your responsibility to transform the world around you. The skills you have developed give you the power to make a difference both on and off the mat.

CURRICULUM & STRIPES:

The next Black Belt exam is in Feb 2021. **We recommend a minimum of 8 classes *in the 2mo. cycle before testing.*** The class count and belt stripes will start after the April 2021 belt exams. You will not get any belt stripes this cycle.

Ho-Am Form (Ages 11 & Under Stop at Line 30)

This cycle is focused on the **National Tournament March 13th at the Chelsea Community Center!** As part of the Black Belt *No Limits* experience, you have the opportunity to rank up at the tournament check out the details below.

RANK UP AT A TOURNAMENT:

Win the following combination of medals in **Form** and **Sparring** (*no other competition medals count*):

- **District:** two medals, one must be gold or silver
- **Nationals:** any two, one must be gold
- **Worlds:** any two medals

If you do earn a Rank Up Card at the tournament, turn it into your academy manager to receive your next belt at the end-of-cycle Leadership Class!

	MOVE	STANCE
1	Step to left, Left High Block	Left Front Stance
2	Step together, step to right, Right High Block	Right Front Stance
3	Step together, step forward, Left Low Block	Left Front Stance
4	Step up, Twin Low Block	Standing Stance
5	#1 Side Kick, Right Knife Hand Strike, #3 Knife Hand Strike	Sitting Stance
6	Left Outer Forearm Block, Right Punch/Left Punch (CAT 2)	Sitting Stance
7	Turn to front, #2 Left Front Kick, #2 Right Punch	Left Front Stance
8	Step, #2 Left Punch	Right Front Stance
9	#1 Right Round kick, #1 Right Knife Hand Strike	Right Back Stance
10	Turn to back, Left Arc Hand	Left Back Stance
11	#3 Left Round Kick, Left Knife Hand Low Block	Left Back Stance
12	Left Knife Hand High Block, Left Knife Hand Strike	Left Back Stance
13	#2 Right Round Kick, Right Knife Hand Low Block	Right Back Stance
14	Right Knife Hand High Block, Right Knife Hand Strike	Right Back Stance
15	#2 Front Kick, Spin Heel Kick	Left Back Stance
16	#3 Front Kick, Twin High Punch	Left Front Stance
17	Right Knife Hand Strike	Left Front Stance
18	#2 Right Side Kick, Left Knife Hand X-Block	Left Back Stance
19	Step, Right Knife Hand High Block/#2 Punch	Right Front Stance
20	Step together, Twin fists on hips	Closed Stance
21	Step in front, Right Side Kick	--
22	Step in front, Twin Elbows	Left X Stance
23	Step, Right Twin Horizontal Punch	Right Back Stance
24	Left Front/Side Kick, Left Knife Hand Strike	Sitting Stance
25	Right Front/Side Kick, Right Knife hand Strike	Sitting Stance
26	Step together, step forward, Right Knife Hand Low Block	Right Back Stance
27	#2 Left Twist Kick, Left Inner Forearm, Left Low Block, Left Outer Forearm Block	Left Back Stance
28	Step back, Right Knife Hand Low Block	Right Back Stance
29	Step back, Left Outside Block	Left Back Stance
30	Right Spin Side Kick, Twin High Punch	Right Front Stance
31	Right Knife Hand Outside Block, Right Inner Knife Hand Strike (left hand under right elbow)	Right Front Stance
32	Step around to back, Right Low X-Block (fist), Right High X-Block (knife hand)	Right Front Stance
33	Wrist Lock, #2 Left Punch (right knife Hand on top of left elbow)	Right Back Stance
34	Left Backfist (right palm on side of left fist)	Left X Stance
35	Left Open Palm Down Block	Left Cat Stance
36	#2 Right Hook Kick	—
37	Step Out Left Knife Hand High Block / Right Punch	Sitting Stance

