

# 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. 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.

The next Black Belt exam is **June 2023**. This cycle is focused on the **Spring District Tournament March 17–18!** 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*):

- **Districts:** *one gold medal and another medal*
- **National:** any two medals in gold bracket

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 award ceremony!

## TOURNAMENT BOARD BREAKING:

- Spin Side Kick
- Palm Heel (on ground)
- #3 Jump Front Kick
- Elbow (on ground)



## Ho-Am Form (*Ages 11 & Under Stop at Line 33*)

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 Right Side Kick, Right Knife Hand Strike	Sitting Stance
6	#3 Right Knife Hand Strike (CAT 2)	Sitting Stance
7	Left Outer Forearm Block	Sitting Stance
8	Right Punch/Left Punch (CAT 2)	Sitting Stance
9	Turn to front, #2 Left Front Kick, #2 Right Punch	Left Front Stance
10	Step, #2 Left Punch (CAT 2)	Right Front Stance
11	#1 Right Round kick, #1 Right Knife Hand Strike	Right Back Stance
12	Turn to back, Left Palm Heel	Left Back Stance
13	#3 Left Round Kick, Left Knife Hand Low/High Block	Left Back Stance
14	Left Knife Hand Strike	Left Back Stance
15	#2 Right Round Kick, Right Knife Hand Low/High Block	Right Back Stance
16	Right Knife Hand Strike	Right Back Stance
17	#2 Left Front Kick, Spin Outside Crescent Kick	Left Back Stance
18	#3 Left Hop Front Kick, Twin High Punch	Left Front Stance
19	Right Knife Hand Strike	Left Front Stance
20	#2 Right Side Kick, Left Middle X-Block (knife hand)	Left Back Stance
21	Step, Right Knife Hand High Block/#2 Left Punch	Right Front Stance
22	Step together, Twin fists on hips	Closed Stance
23	Step in front, Right Side Kick	--
24	Step in front, Twin Elbows	Left X Stance
25	Step, Right Twin Horizontal Punch	Right Back Stance
26	Left Front/Side Kick, Left Knife Hand Strike	Sitting Stance
27	Right Front/Side Kick, Right Knife hand Strike	Sitting Stance
28	Step together, step forward, Right Knife Hand Low Block	Right Back Stance
29	#2 Left Twist Kick, Left Low Block	Left Back Stance
30	Left Outer Forearm Block	Left Back Stance
31	Step back, Right Knife Hand Low Block	Right Back Stance
32	Step back, Left Outside Block	Left Back Stance
33	<b>Right Spin Side Kick, Twin High Punch</b>	<b>Right Front Stance</b>
34	Right Knife Hand Outside Block (slow)	Right Front Stance
35	Right Inner Knife Hand Strike-L. hand under R. elbow (slow)	Right Front Stance
36	Step around to back, Right Low X-Block (fist)	Right Front Stance
37	Right High X-Block (knife hand)	Right Front Stance
38	Wrist Lock, #2 L. Punch (right knife hand on top of left elbow)	Right Back Stance
39	Left Hammer Fist (right palm on side of left fist)	Left X Stance
40	Left Open Palm Down Block	Left L Stance
41	#2 Right Hook Kick	
42	Step out, Left Knife Hand High Block/Right Punch	Sitting Stance