

BLACK BELT CURRICULUM SHEET: TESTING JUNE 2024

This curriculum sheet is for Black Belts. Your goal in class is to learn the following curriculum and earn the following stripes.

RISE **BELT TYING & RISE STORY:** "While our journey is long and has many obstacles our training provides us with opportunities, abilities, and responsibilities to **TRANSFORM** the world around us. It is what we do with this training through action that will ultimately determine just how high our RISE can be."



SCAN ME

HO AM FORM

[Stopping Points: **Junior (ages 11 & under) Black Belts—Line 33**, **Youth & Adult (ages 12 & above) Black Belts—Line 42**]

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 Arc Hand	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	Right Spin Side Kick, Twin High Punch	Right Front Stance
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

ADVANCED KICK:

Step Through 360 Hook Kick










TACTICAL SPARRING

BOARD BREAKING

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

One attempt at each. Black Belts must break at least 3 boards to pass.

New Board System

	Ages 6-7	 Boys Ages 14-15 and 14-45 Women (up to 3rd Blk)
	Ages 8-9	 Men Ages 46+ and Women 4th Blk & up (16yrs+)
	Ages 10-11	 Men Ages 16-45 (up to 3rd Blk)
	Ages 12-13 and 46+ Women	 Men 4th & 5th Blk (16yrs+)
		 Men 6th Blk

