



## REQUIREMENTS FOR ADVANCED BROWN BELT TO CHO DAN BO - PROVISIONAL BLACK BELT

### **Prerequisites:**

Advanced Brown Belt or Advanced Brown Belt equivalent.

All prior requirements.

Minimum 90 classes of continuous training at brown belt

Test fee due at test time: \$200.00

### **Mental Requirements:**

Respect for yourself, your family, the school, and all the students

Ability to focus intention and physical techniques in an exact spot in space

Ability to relax while going hard

Reaching for Black Belt

### **Advanced Kicks:**

#1 Low Side Kick with Double Punch

#2 Double Roundhouse Kick

#3 Front, Jump Roundhouse Kick

### **Form Basics & Form:**

#### **Form Basics:**

33. Triple Forearm Block (Inner-forearm block + reverse inner-forearm block + outer-forearm block)

34. Penetrating The Fortress Attack (Standing double punch / double inner-forearm block + hopping double punch + lunge punch with *Ki-hop*) (Imo-ddd)

35. Double High Low Punch (Chamber in front + pivot + double high/low punch)

36. Hopping Knife-hand Guard (Reverse low inner-forearm block + hop to high knife-hand guard) (Imo-ddd)

#### **Form:**

*Bal She I* - Penetrating the Fortress

#### **Self Defense:**

- o Release, Defend & Escape against two people: Choke from in front and bear hug
- o Fighting Combination: Triple hook + Back-knuckle / Ridge-hand + Jump Reverse Hook Kick with *Ki-hop*.
- o Three advanced take-downs 1) Circle neck throw 2) Double leg throw (shoot and grab both legs) 3) Sit Back (parry, shoot and take-down from behind)
- o Sticky Hands and Feet against multiple opponents (Use shielding, disappearing, and funneling)
- o Board Break: Stepping Sidekick (bring to public test: one 1"x12" pine board cut to 10")