

# Family Martial Arts Center

Student \_\_\_\_\_

Age \_\_\_\_\_ Student Number \_\_\_\_\_

**I.D. Size Photo  
REQUIRED**

**Test form, fee and  
picture are due one  
week before your test.**

## ADULT 1<sup>st</sup> DAN BLACK BELT

Number	Description of Technique	Score
1	Side Staff Block, High Front Snap Kick/High Punch, Low Ridge Hand, Jumping Elbow Strike – Yup Bo Makki, Ulgool Up Chuggi/Ulgool Chiggi, Arae Bondae Son Nal, Edan Pal Koop Jiroogi	
2	Double Cross Low Block, Choking Block, Knee Smash (KIHAP), Back Thrust Kick, Back Knuckle, Jumping Elbow Strike – Du Pal Mok Arae Makki, Hecho Makki, Morroop Jiroogi, Di Chuggi, Di Ekwon, Edan Pal Kup Chiggi	
3	Outside Knife Block/Palm Strike, Front Leg Front Kick, Reverse Jumping Front Kick, Ridge Hand, Axe Kick, Tumble 45 degrees/Low Punch – Bakka Son Nal Makki/Batan Son Chirugi, Up Bal Up Chuggi, Edan Bondae Up Chuggi, Bondae Son Nal, Bakka Chuggi, Nak Bup/Arae Chiggi	
4	Jumping 45 degrees Outside Block, Jumping Reverse Roundhouse Kick, Low Back Hook Kick, Low Front Snap Kick, Tumble Back – Edan Bakka Makki, Edan Bondae Doleyo Chuggi, Arae Di Wholeggi, Arae Up Chuggi, Di Nak Bup	
5	<b>Black Belt Form 1 – Poomsae Koryo</b>	
6	<b>Dive Tumbling</b> – Men: 3 Obstacles Waist Level, 5 Obstacles Low – Women: 2 Obstacles Low – Nak Bup	
7	<b>Self Defense Skills (Instant Creation 1 Minute)</b> Ho Shin Sul	
8	<b>Self Defense 10</b> – Ho Shin Sul – <i>Double Lapel Grab/Sacrifice Throw</i>	
9	<b>One Step Punch Sparring 10</b> – Ilbo Son Kyurugi	
10	<b>One Step Knife Sparring 3</b> – Ilbo Kal Kyurugi	
11	<b>Medium-contact Free Sparring: 2 on 1</b> – Kyuroogi	
12	<b>Grappling</b> – Back to Back and Back Press Position with Submission Holds	
13	<b>Breaking</b> – Kyuk Pa (Flying Roundhouse Kick, Jumping Front Snap Kick, Flying Side Kick 2 Boards - Men – Women: 1 Board. Hammer Fist through Concrete Block – Men: 2”, Women: 1” – Edan Doleyo Chuggi, Edan Up Chuggi, Edan Yup Chuggi, Mae Chu Mok)	
14	<b>Physical Skills</b> – 25 Pushups, 50 Rowing Exercises	
15	<b>Questions</b>	
16	<b>Essay</b> – The Meaning of Black Belt – 1 page typed, bound in a cover <b>Autobiography</b> – 1 page typed, bound in a cover	

Please return your test form within one week.

**Examiner:** \_\_\_\_\_ **Result:** \_\_\_\_\_ **Date:** \_\_\_\_\_