

3rd DEGREE BLACK BELT REQUIREMENTS

This form must be printed and returned to your instructor

Name _____ Phone (____) _____

1. Time in rank - Active participation for a minimum of 36 months. You need to be in a minimum of one Black Belt class per week and or sparring class to be active.

2. Successful completion of 3 exam segments which will be conducted in your regular Black Belt classes:

Date Promoted to 2nd Degree: / /
Date Completed 1st Segment - 12 Months Minimum: / /
Date Completed 2nd Segment - 24 Months Minimum: / /
Date Completed 3rd Segment - 30 Months Minimum: / /
3rd Degree Exam - 36 Months Minimum

3. Attend Minimum of 4 Black Belt Exams

Date of 1st Exam: / /
Date of 2nd Exam: / /
Date of 3rd Exam: / /
Date of 4th Exam: / /

4. Attend and participation in a minimum of 4 NK sponsored tournaments as an official or competitor:

Date of 1st Tournament: / /
Date of 2nd Tournament: / /
Date of 3rd Tournament: / /
Date of 4th Tournament: / /

1st SEGMENT TEST @ 12 MONTHS

A. Classical Basics

- | | |
|--|--|
| 1. Sudo Block - Shift to Classical Punch | 3. Side Block - Shift to Classical Punch |
| 2. High Block - Shift to Classical Punch | 4. Low Block - Back Leg Front Kick - Lunge Punch |

B. Kicking Basics

- | | |
|-----------------|--------------------------------|
| 1. Front Kick | 5. Hook / Round / Side |
| 2. Round Kick | 6. Side Kick |
| 3. Hook Kick | 7. Side Kicks x 10 (Both Legs) |
| 4. Hook / Round | |

C. X-Ray Paper Kicks

- | | |
|----------------------------------|---------------------------------|
| 1. Spin Wheel (Best Leg) | 4. Tornado Kicks 1x (Best Leg) |
| 2. Step Through Wheel (Best Leg) | 5. Tornado Kicks 10x (Best Leg) |
| 3. Round Kicks 20x (Best Leg) | |

D. Board Breaks

E. Sparring

2nd SEGMENT TEST @ 24 MONTHS

A. Classical Basics

- | | |
|--|--|
| 1. Sudo Block - Shift to Classical Punch | 3. Side Block - Shift to Classical Punch |
| 2. High Block - Shift to Classical Punch | 4. Low Block - Back Leg Front Kick - Lunge Punch |

B. Kicking Basics

- | | |
|-----------------|--------------------------------|
| 1. Front Kick | 5. Hook / Round / Side |
| 2. Round Kick | 6. Side Kick |
| 3. Hook Kick | 7. Side Kicks x 10 (Both Legs) |
| 4. Hook / Round | |

C. Bo Form - Kim Chung Su

D. Samurai Sword Techniques

- | | |
|-----------|-------------|
| 1. Kata 1 | 3. Bunkai 1 |
| 2. Kata 2 | 4. Bunkai 2 |

E. Sparring

3rd SEGMENT TEST @ 36 MONTHS

A. Classical Basics

- | | |
|--|--|
| 1. Sudo Block - Shift to Classical Punch | 3. Side Block - Shift to Classical Punch |
| 2. High Block - Shift to Classical Punch | 4. Low Block - Back Leg Front Kick - Lunge Punch |

B. Kicking Basics

- | | |
|-----------------|--------------------------------|
| 1. Front Kick | 5. Hook / Round / Side |
| 2. Round Kick | 6. Side Kick |
| 3. Hook Kick | 7. Side Kicks x 10 (Both Legs) |
| 4. Hook / Round | |

C. Self-Defense with partner

D. Body Shield Kicks

1. 360 Round Kick
2. Back Leg Thrust Kick - Defensive Side Kick
3. Offensive Side Kick - Defensive Turn Side Kick

E. Sparring

3rd DEGREE TEST @ 36 MONTHS

**3rd Degree test will comprise of all 3 segment tests.
Students must still attend all 4 scheduled screenings.**