

Stripe Requirements - Probationary Black Belt

Stripes

1.) New Techniques

- New Ready Stance (Ready Stance D)
- Reverse uppercut in a front stance
- Double knife-hand low block

2.) New Techniques

- X Block High/Knife-hand Low (in a closed stance)
- Double front let side kick/Reverse knife-hand strike in a back stance when landing (with both sides)

3.) New Techniques

- Reverse palm heel block slow in a front stance
- Front leg crescent kick/Landing in a sitting stance back fist (both sides)

4.) New Techniques

- Front kick step around double knife-hand block
- Horizontal spear hand in a front stance (slow)

5.) Old Forms

- Won-Hyo (Green Belt)
- Yul Guk (Purple Belt)
- Joong Gun (Blue Belt)

6.) Demonstrate the Probationary Black Belt Form

- Cite the name and number of moves of this form
- Demonstrate entire form with a lot of power and no mistakes

6.) Board Breaking

- Side kick or round kick with each leg (no hand technique)

TAEKWONDO
AMERICA