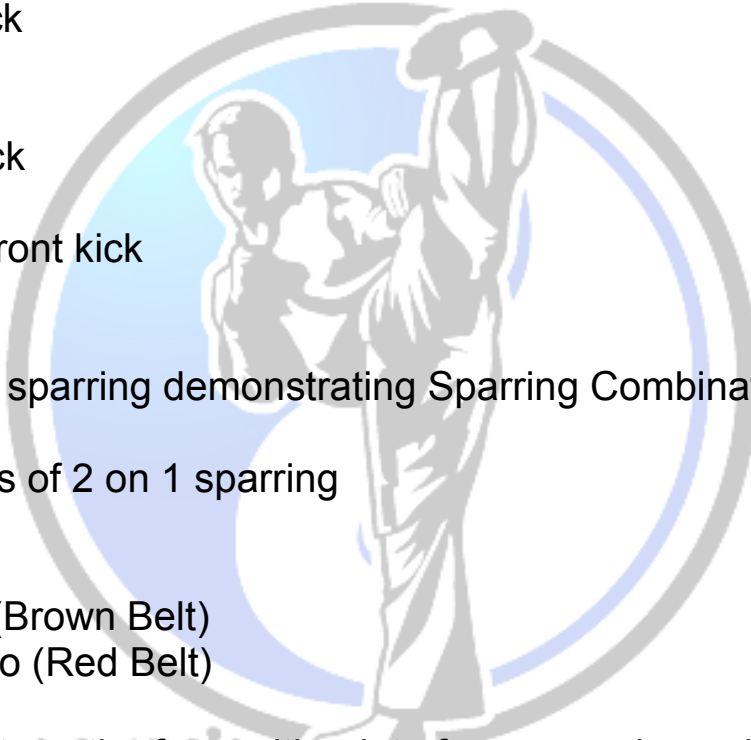


Stripe Requirements - Recommended Black Belt

Stripes

- 1.) Sparring Combination #1
 - Jab/Back fist with same hand, cross, rear leg front kick/round kick, spin side kick, 360 round kick
- 2.) Sparring Combination #2
 - Back fist, cross, hook punch, front let twist kick, round kick, 360 crescent kick
- 3.) Kicks
 - 360 heel kick
 - Split kick
 - Twin jump front kick
- 4.) Sparring
 - Two minute sparring demonstrating Sparring Combinations #1 and #2
 - Two minutes of 2 on 1 sparring
- 5.) Old Forms
 - Hwa Rand (Brown Belt)
 - Choong Moo (Red Belt)
- 6.) Demonstrate entire form with a lot of power and no mistakes
- 7.) Board Breaking
 - Side kick or round kick with each leg (no hand technique)



TAEKWONDO
AMERICA