

Recommended Black Belt Stripe Requirements

Stripes

- 1.) Sparring Combination #1
 - ☛ Jab/Backfist 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 leg 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 Rang (brown belt)
 - ☛ Choong Moo (red belt)
- 6.) Demonstrate your form with a lot of power and no mistakes
- 7.) Board Breaking
 - ☛ Side Kick or Round Kick with each leg