

GOLD BELT STUDY GUIDE

FIRST BLACK STRIPE: Word of the Belt - Memorize & Recite

Positive Self-Esteem:

- ★ Winning Black Belts have a feeling of self worth. Winners develop a feeling of self acceptance and respect.

SECOND BLACK STRIPE: Gold Belt Combinations 1 - 2

Minimum 4 Classes

Combination #1

- | | | |
|---------------------|------------------|---------|
| 1. Step Front Punch | 2. Reverse Punch | 3. Turn |
| 1. Step Front Punch | 2. Reverse Punch | 3. Turn |

Combination #2

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|---------------------|--|---------|
| 1. Step Front Punch | 2. Step Lead Leg Front Kick, Reverse Punch | 3. Turn |
| 1. Step Front Punch | 2. Step Lead Leg Front Kick, Reverse Punch | 3. Turn |

THIRD BLACK STRIPE: Gold Belt Combinations 3 - 4; Hand, Feet and Shin Pads

Minimum 8 Classes

Combination #3

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|-------------------|---|---------|
| 1. Step Back Fist | 2. Step Behind Side Kick, Reverse Punch | 3. Turn |
| 1. Step Back Fist | 2. Step Behind Side Kick, Reverse Punch | 3. Turn |

Combination #4

- | | | |
|--|----------------------------------|---------|
| 1. Step Front Punch, Rear Leg Front Kick | 2. Back Side Kick, Reverse Punch | 3. Turn |
| 1. Step Front Punch, Rear Leg Front Kick | 2. Back Side Kick, Reverse Punch | 3. Turn |

FOURTH BLACK STRIPE: Black Belt Creed - Memorize & Recite

Minimum 12 Classes

Black Belt Creed

As a dedicated student of the martial arts, I live my life by the principles of Black Belt:

Modesty
Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirit