

Black Belt Test Sheet

(/ 500)

Passing 490+

Name _____

Belt Size _____

Date: _____

Joshua 1:6-9 New International Version (NIV) ☐ (Worth 10 points) ☐ (25 bonus points for all verses)

6 Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them. 7 “Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. 8 Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. 9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”

☐ **School Creed, 5 tenets of the Dojos of the Risen Son, with full Creed (Worth 10 points)**

Stances (1 point each)

- ☐ Fighting ☐ Front ☐ Riding ☐ Back ☐ Rear foot ☐ Side
☐ Bending ready ☐ X-stance

Blocks (1 point each)

- ☐ Low ☐ Outer forearm ☐ Inner forearm ☐ High ☐ X Block ☐ Circle ☐ Hooking palm ☐ Wedging
☐ Knife hand guarding ☐ Forearm guarding ☐ Twin outer forearm ☐ Twin knife hand ☐ Double inner forearm
☐ Reverse knife hand block ☐ Upwards palm ☐ Double palm ☐ U-Shaped ☐ W-Shaped ☐ Low double forearm pushing
☐ Low knife hand guarding ☐ Pressing ☐ Pushing palm ☐ Double upwards palm block ☐ Front block

Strikes (1 point each)

- ☐ Middle/High punch ☐ Inward knife hand ☐ Knife hand ☐ Palm heel ☐ Flat/Spear finger thrust ☐ Back fist ☐ Elbow
☐ Fixed back stance punch ☐ Reverse knife hand ☐ Hammer fist ☐ Double vertical punch ☐ Upset punch ☐ Double upset punch
☐ Angle punch ☐ Low upset spear finger thrust ☐ Double elbow thrust ☐ Upwards punch ☐ Downward knife hand
☐ Sliding elbow thrust

Kicks (1 point each)

- ☐ Front leg front ☐ Back leg front ☐ Side ☐ Step through side ☐ Roundhouse ☐ Jump front ☐ Knee ☐ Hook kick
☐ Inside crescent ☐ Outside crescent ☐ Back kick ☐ Foot sweep ☐ Back leg side kick ☐ Ax kick ☐ Spinning back
☐ Reap ☐ Jumping roundhouse ☐ Jumping side ☐ Spinning hook kick ☐ Spinning crescent ☐ Jump spinning roundhouse
☐ Jump spinning crescent

Technique (5 points each)

- ☐ Flow with sharp movement ☐ Looking at Target ☐ Loud Kyops ☐ Passion ☐ Power

Break Pine Board (5 points each) ☐ Strike ☐ Kick

Student Teaching: Assisted 60* ☐ (50 points) Teach Full Class 5* ☐ (32 points)

One Steps 1-20 (5 points each)

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐ 13 ☐ 14 ☐ 15
☐ 16 ☐ 17 ☐ 18 ☐ 19 ☐ 20

☐ **Flowing Defense (Worth 10 points)**

Forms (10 points each)

- ☐ Chon-Ji Hyung ☐ Dan-Gun Hyung ☐ Do-San Hyung ☐ Won-Hyo Hyung ☐ Yul-Gok Hyung ☐ Joong-Gun Hyung
☐ Toi-Gye Hyung ☐ Hwa-Rang Hyung ☐ Choong-Moo Hyung ☐ Kwang-Gae Hyung

☐ **50 Push ups (Worth 10 points)** ☐ (15 bonus points if you get all 50 with out stopping)

☐ **Community Service (Worth 50 points)**

☐ **1500 Essay on our Tenets and how Martial arts has affected your life (worth 20 points)**

☐ **Other items to be determined (Points to be given at instructor discretion)**