

## **1<sup>st</sup> DAN BLACK BELT**

Anticipated interval (2 classes /week) from last promotion: Minimum time: 6 months

### **SKILL SUMMARY:**

#### **Physical Skill Summary:**

Proficiency of all physical techniques.

Good Physical Conditioning.

Respect demonstrated through both personal living and Dojang activity.

#### **Blocks:**

A strong comprehensive knowledge of all blocks.

Strong rotational energy exhibited.

#### **Strikes:**

Strong proficient strikes.

Demonstrated with focus and power.

#### **Kicks:**

Spinning Jump Turning Round House

Unsupported Kicks: Jump Spinning Back Kick, Jump Turning Round House

#### **Forms:**

Bassai

Shuhari Form

#### **One-Step Sparring:**

20 Basic One-Steps

Demonstration of Rank Appropriate One-Steps used in teaching.

Student must demonstrate ability to create new one steps.

#### **Sparring:**

Multiple opponents, demonstrates the breadth and depth of techniques during sparring.

#### **Breaking:**

Demonstration of multiple weapon breaking. Courage must be demonstrated.

#### **Self Defense:**

Must demonstrate a strong working knowledge of the principles and practice of self-defense.

#### **Role Playing:**

Must demonstrate the ability to run a role-playing exercise without prior preparation.

#### **Reading:**

Must demonstrate a detailed knowledge of all recommended readings. Students should anticipate questions regarding all reading materials during the oral exam portion of the Black Belt Test.

**Required Community Service**

50 hours annually.

**Teaching:**

Demonstration of strong ability to teach lower ranked students.

**Other:**

Black Belt 1<sup>st</sup> Dan Candidates: For the rank of 1<sup>st</sup> Dan Black Belt advancement you are required to submit a written proposal for a 50-hour community service project that is directly related to the specified interests of CHL. Submit this document to any 5<sup>th</sup> Dan or higher by hard copy for approval at least six weeks prior to the exam. Also, please bring three copies of your proposal to the test.