

## **Black Belt (1<sup>st</sup> Dan):**

### **Stances:**

Ap Seogi  
Ap Kubi  
Dwit Kubi  
Juchum Seogi  
Beom Seogi  
One leg stance

### **Movement:**

Stepping in front  
Double stepping

### **Hand Techniques:**

Arc hand strike (throat)  
Upward punch  
Side punch with twin fist  
Twin side elbow strike  
Single knuckle punch  
Angle punch

### **Blocks:**

Single knife hand block (low and middle)  
Wedging block with the inner forearm  
Pressing block with forefist  
Double block with arc-hand  
Inward block with hammerfist  
Inward block with knifehand  
U-shape grasp  
Single palm scooping block  
9 shape block

### **Kicks:**

Multiple jumping kicks  
360 hook kick

### **Self-defense:**

Knife slice  
Knife stab

### **Sparring**

Free (promise sparring)  
Ring management drills

### **Pattern:**

Koryo (45 movements)  
Kwang-Gae (39 movements)  
Po-Eun (36 movements)

Ge-Baek (44 movements)