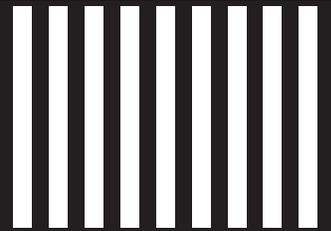




# Academy of Modern Martial Arts

Taekwondo Student Notebook



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Notebook Revised June, 2015

## **Mission Statement**

To instill Confidence, to build Strength, and to enhance Spirit. Every life changed for the better!

# Academy Rules

1. Always wear a clean, neat uniform with the official Academy patch on it (an official workout shirt is okay).
2. Do not wear jewelry in class.
3. Chewing gum is not allowed in the Academy of Modern Martial Arts.
4. Make sure you do not eat immediately before class, and use the restroom before your class. You are expected to remain in class until it is completed.
5. No shoes are allowed on the mat or carpeted area! Only students in uniform are allowed on the mat.
6. A proper warm-up is important for your safety, so if you arrive to class: Less than 5 minutes late ... you must do 25 push-ups, sit-ups, and jumping jacks; More than 5 minutes late ... you will not be allowed to participate in class.
7. Please remember to show respect for other people's class time. Be quiet and do not disrupt classes that are in session.
8. At the start of class, stand still in the "At Ease" position and fix your eyes on the instructor. You can expect instructors to give 100% while they teach, and they expect you to give 100% while you learn.
9. Respond to all adults and/or Black Belts as "Yes Sir" or "No Sir," or "Yes Ma'am" or "No Ma'am." Address all Black Belts by their last name.
10. Refer to the following section, "Sparring Gear Requirements" for information on required protective wear.
11. Green Belts and higher should have foot gear on before class begins.
12. After three warnings for unacceptable behavior, class credit is lost for that class only. Students will be asked to sit out of class after the fourth warning and a parent conference is required before the student is allowed back into classes.
13. Equipment stored in restrooms should be placed under a chair or on a shelf. Do not leave anything in any of the walkways or doorways.
14. Be sure to label all of your equipment with your full name so it will be easier to find out who it belongs to in the event that it is left at the Academy.
15. Children must wait inside the building until their parents pick them up.
16. There may be days when classes are not held; please check the schedule. There will be no make-ups for days closed including holidays.



# ACADEMY OF MODERN MARTIAL ARTS LINEAGE CHART

This chart shows the lineage of our academy starting with people that have been promoted to master instructor and are current active members.

**Jay Conrad, Will Palmer**  
Current active 4th degree Black Belts promoted by the Academy of Modern Martial Arts.

**Michael Hume, Jerry Nucker, Thomas Fedorchik**  
Promoted by Dr. Steven Powell at the American Black Belt Academy (ABBA).



**Steven Powell**  
Began teaching in the 1970's. Opened the U.S. Black Belt Academy, later renamed to ABBA.

**Pat Burseson**  
Began training with Allen Steen and Jhoon Rhee in 1959 as a red belt in Tang Soo Do.

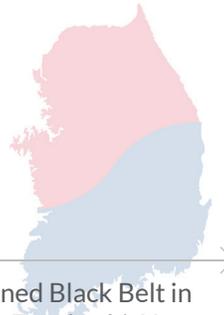
**Allen Steen**  
Was Jhoon Rhee's first student to reach Black Belt in 1963.



**Jhoon Rhee**  
Father of American Taekwondo ~ Started teaching Taekwondo in Texas during the late 1950's. Developed his own system from Bruce Lee's influence. Rhee was a Black Belt in Tang Soo Do Chung Do Kwan.

**Choi Hong Hi (1918-2002)**  
Father of Taekwondo and founder of the International Taekwondo Federation (ITF).

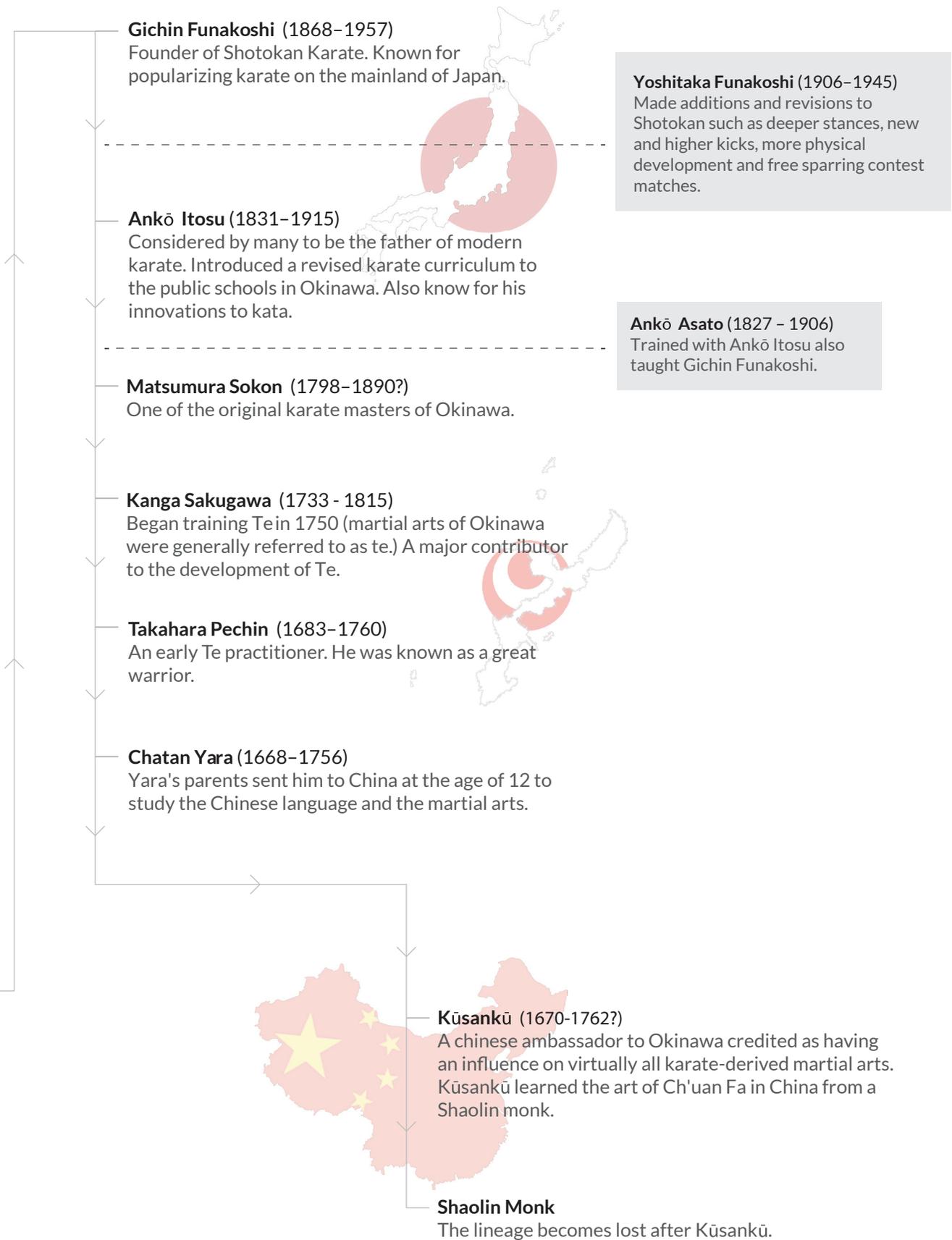
**Nam Tae Hi (1929-2013)**  
General Choi's "right hand man." Began training in the martial arts in 1946. Obtained Black Belt in Tang Soo Do Chung Do Kwan.



**Won Kuk Lee (1907-2002)**  
Founder of Chung Do Kwan. Obtained Black Belt in Karate in Tokyo, Japan from Gichin Funakoshi. He introduced karate to the Republic of Korea in 1944.

Chart created by Thomas Fedorchik and Jerry Nucker. This chart shows only traceable information that has the most relevant impact on our style in terms of idiomatic movements and teaching style.

----- Dashed line represents people that had a high influence on our style.



# General Information

## Student Uniforms

All Taekwondo students are required to purchase and wear uniforms. An Academy of Modern Martial Arts T-shirt may be worn instead of a uniform top. Other t-shirts are not allowed unless a uniform top is worn. When a student attains the rank of Orange Belt, he may wear a blue uniform instead of the basic white uniform. When a student attains the rank of Purple Belt, he may wear a red uniform, and when he attains the rank of Red Belt, he may wear a black uniform.

The Academy of Modern Martial Arts recognizes five uniform patches. The following shows the correct location for applying each patch to the uniform.

### Patch correct location on uniform

Academy of Modern Martial Arts	Left chest
United States Flag	Left shoulder
Korean Flag	Right shoulder
Student Stars (see below)	Collar and lapel

### Student Stars

Students may earn “star”patches for their uniforms for the following kinds of activities and achievements:

- Achieving an A+ on a belt exam
- Earning all A’s on school report card
- Bringing up lowest grade up on school report card by at least a letter grade
- Recruiting a new Academy student
- Any other outstanding achievement in or outside of the Academy (see the Chief Instructor)

## Korean Terms

TERM	MEANING	ACTION
Charyo	Attention	Stand up straight without moving! Heels and toes should be together with arms at your side while looking straight ahead.
Sheo	At Ease	Both hands should be behind your back and interlocked. Relax with feet in ready stance position by moving only your left foot.
Kyungye	Salute	Bend 45 degrees at the hip while keeping eyes straight ahead.
Chunbi	Ready	Stance at the beginning of training.
Goman	Ready	Stance at the end of training.
Shejak	Begin	Command to start.
Duiro Dora	About Face	Turn 180 degrees.
Hyung	Form	(No action)

## Class Sayings

Maximum Power	Hunt for the maximum!
Class, How do we lead?	By example, sir (or ma'am)!
Thank you class.	Thank you sir (or ma'am)!

# Sparring

The equipment listed below is required for sparring in order to minimize the risk of injury to all students involved in either class or test settings. This should be purchased at Orange belt. This equipment can be purchased through the Academy of Modern Martial Arts.

## **Required**

- Mouthpiece
- Groin Protector (males)
- Head gear (with or without face mask)
- Hand gear
- Foot gear

## **Optional**

- Shin guards
- Abdomen protection
- Female chest protection

## **Sparring Rules**

- All sparring must be light or medium contact, based on instructions from teacher.
- No contact in the back or below the waist.
- No face contact under Red belt. Red belts and higher may use LIGHT face contact.
- Control must be used at all times. Students displaying anger or not using control will be removed from class. Continual problems will cause a delay in belt advancement.

## Stripe and Belt Testing Rules

Certification by the Academy of Modern Martial Arts Exam Board consists of one Chief Examiner holding the rank of at least a 3rd Degree Black Belt and will be signed by a Master Instructor (4th Degree or higher). Any rank and credentials received through the testing of the Academy can be retained through proper student conduct and continued training at the Academy or an approved school of martial arts (approval must be obtained through Chief Examiner). All students are subject to a 30-day probation and must attend eight classes in order to retain certification, unless otherwise approved by the instructor.

The Chief Examiner may elect to stop a student's testing if at any time the following occurs: 1) the student's health is in jeopardy; 2) the student does not follow instructions of the testing board; 3) the student either intentionally or consistently uses excessive contact; 4) the student uses dangerous (illegal) techniques; and/or 5) the student (or his/her parents or friends) shows a lack of courtesy or demonstrates poor sportsmanship.

Attention Black Belts: It is your responsibility as a black belt to attend final exams and graduations to sit on the panel and assist with sparring. A schedule is posted on the bulletin board. If you are unable to attend, please let the Chief Examiner know as far in advance as possible.

\*The Master Black Belt Panel can make special considerations if necessary based on health or conditions.

### **Final Exam Information** (generally held at 6:30pm on Friday)

- Please wear a complete clean, white uniform with an official school patch.
- Arrive at the school 15 minutes early.
- Warm up before the test.
- Be prepared to perform everything learned so far!
- No spectators allowed! (Parents may wait in the front room)
- The belt test fee must be paid before you test.
- You must have a picture on your card to test.

### **Graduation Information** (generally held at 6:30pm on the Friday following the final exam)

- Please wear a complete clean, white uniform with an official school patch.
- Arrive at the school 15 minutes early.
- You will tell the audience your name, age, school, etc. Also tell a little bit about yourself and thank your parents for bringing you!
- Students receiving purple belt and up will be required to give a speech. Please see your instructor for a speech topic.
- You will perform the belt test requirements you learned for your belt.
- This is a special occasion, so please bring family and friends. They are welcome to take photos.
- Refreshments will be served after graduation. If you would like to bring refreshments, please let the office manager know.

### **Stripe Tests (progress checks) and Final Exams**

Stripe tests are given according to the following schedule:

White & Gold Belts: After 6+ lessons are attended at the current level and assuming knowledge and proper performance of required skills.

Orange & Green Belts: After 9+ lessons are attended at the current level and assuming knowledge and proper performance of required skills.

Purple and Blue Belts: After 12+ lessons are attended at the current level and assuming knowledge and proper performance of required skills.

Red Belts, through 1st Brown Belts do not have progress checks.

It is the student's responsibility to request to test for a stripe after attending the minimum number of classes and learning the material. All students should be prepared to perform previously-learned requirement at any stripe test.

Final exams are given approximately every eight weeks, with some exceptions. Certification is given during graduation which is held the following week. Check the schedule for the dates and times.

### **Permission Stripe**

Prior to testing for next rank a student must perform their current belt requirements and a random check of previous requirements in order to receive a permission stripe to test at final exam. The student should have the required number of classes for their rank to be eligible for permission.

### **Junior Testing**

Grading allows for differences in ability because of age. Students who are 16 years may elect to take the adult belt exam. A Junior Black Belt may test for degrees of Black Belt but must test for the adult degrees of Black Belt once reaching the age of 18.

### **Executive Testing**

Students who are 35 years or older may elect to take the executive test. This test has less sparring required for the desired belt level. All rights, privileges, and rank consideration are the same.

### **Testing Fees**

All students must register at least one week in advance and pay for an exam at least 24 hours before the date of the final exam. There is no additional charge for testing again if the student does not pass the final exam.

**Note.** Black Belts must remain active for six months after testing in order to retain certification. They must attend Black Belt meetings, exams, and classes at the Academy of Modern Martial Arts or an approved location. If they do not fulfill all of these requirements, they must surrender their belt and diploma. Students may not, at any time, teach or instruct any technique or method of the Academy of Modern Martial Arts program without the written consent of the Academy of Modern Martial Arts.

### **Minimum Time Requirements for Testing**

Time and requirements may be varied by the Master Black Belt panel based on students' performance, age, service to the Academy, and personal qualities (effort, attitude, discipline, and skill).

White	3 months with minimum 24 classes
Gold	3 months with minimum 24 classes
Orange	4 1/2 months with minimum 36 classes
Green	4 1/2 months with minimum 36 classes
Purple	6 months with minimum 36 classes
Blue	6 months with minimum 36 classes
Red (Student Teacher)	8 months with minimum 60 classes
2nd Brown (Student Teacher)	8 months with minimum 60 classes
1st Brown (Student Teacher)	8 months with minimum 60 classes
1st Degree Black (Assistant Instructor)	2 year with minimum 100 classes
2nd Degree Black (Instructor)	3 years with minimum 150 classes
3rd Degree Black (Senior Instructor)	4 years
4th Black (Master Instructor)	5 years

### **Student Teaching Requirements**

All students (adults and children) seeking the rank of 2nd Grade Brown Belt or higher must either serve as a student teacher, assistant teacher, or teacher for a specified number of classes.

The following are teaching requirements:

<b>BELT</b>	<b>CLASSES</b>
Red <i>must assist</i>	15
2nd Brown <i>must assist</i>	25
1st Brown <i>must assist</i>	40 (35 assisting, 5 teaching)
1st Degree Black <i>must teach</i>	100
2nd Degree Black <i>must teach</i>	150



# Tiny Tigers

## Minimum Belt Requirements for Tiny Tigers

Class specially designed for 4-6 year olds. Students' performance varies with different individuals. Instructor will take in account the students strengths and improvement areas. Remember to practice at home. Practice hard. Practice often.

### **Practice Expectations Outside of Class**

Graduation into beginner kids class upon completion of Tiny Tigers program!! The amount of time spent in Tiny Tigers is based upon a combination of age, level of focus, and skill. Not every student will advance at the same rate.

Tiny Tigers- 10 minutes twice a week

It is recommended that students spend this time practicing material from earlier ranks as well as current materials. Time should be taken to practice basic techniques as well such. An example would be to practice 20 sidekicks on each side slowly making sure to chamber the knee before and after the kick, point the standing heel towards the target and keep hands in a guarding position. It is important to focus on good technique while practicing. Remember practice does NOT make perfect; PERFECT practice makes perfect! If extra assistance is needed, private lessons are available for an additional charge. Contact the front office to schedule.

# Tiny Tigers

## White belt

at 10 lessons

### 1st stripe

1. Front punch,
2. Back punch,
3. Front leg front kick

at 10 lessons

### 2nd stripe

1. Back leg front kick,
2. High block,
3. Low block

at 10 lessons

### 3rd stripe- 5 push-ups

## Yellow stripe belt- all previous requirements

at 10 lessons

### 1st stripe

1. Front leg side kick,
2. Back leg side kick

at 10 lessons

### 2nd stripe-1st three one step counters (front punch, back punch, front leg front kick)

1. Offensive front punch - Front high forearm block, back punch
2. Offensive back punch - Front high forearm block, back punch
3. Offensive front leg front kick - step 45o back, low forearm block, back punch

at 10 lessons

### 3rd stripe- Kyu Yool (Discipline)

1. One, Sir! Cross hands, right closest to heart—feet are together.
2. Two, Sir! On hands, in the “up”push-up position.
3. Three, Sir! Push up # 1.
4. Four, Sir! Push up # 2.
5. Five, Sir! Push up # 3.
6. Six, Sir! Push up # 4.
7. Seven, Sir! Push up #5.
8. Eight, Sir! Stand up, feet together, cross arms with right closest to heart.
9. Nine, Sir! Attention stance.
10. Thank you, Sir! Salute.

### **Orange stripe belt test- all previous requirements**

at 10 lessons

#### **1st stripe- 6 count basics**

1. Defensive front punch - Offensive front punch
2. Defensive back punch - Offensive back punch
3. Defensive front leg front kick - Offensive front leg front kick
4. Defensive back leg front kick - Offensive back leg front kick
5. Defensive front leg side kick - Offensive front leg side kick
6. Defensive back leg side kick - Offensive back leg side kick

at 10 lessons

#### **2nd stripe-All one step counters**

1. Offensive front punch - Front high forearm block, back punch
2. Offensive back punch - Front high forearm block, back punch
3. Offensive front leg front kick - step 45o back, low forearm block, back punch
4. Offensive back leg front kick - switch sides, 45o back, low forearm block, back punch
5. Offensive front leg side kick - step 45o back, low forearm block, back punch
6. Offensive back leg side kick - switch sides, 45o back, low forearm block, back punch

at 10 lessons

#### **3rd stripe- Kam Sah (Appreciation)**

1. One, Sir! Cross hands, right closest to heart—feet are together.
2. Two, Sir! Look left, fold arms for left chop block.
3. Three, Sir! Step out to left with the left foot, left chop block.
4. Four, Sir! Right back punch.
5. Five, Sir! Left foot to right, look right, fold for right chop block.
6. Six, Sir! Right foot step to right, right chop block.
7. Seven, Sir! Left back punch.
8. Eight, Sir! Slide right foot to left, cross arms with right closest to the heart.
9. Nine, Sir! Attention stance.
9. Thank you, Sir! Salute

### **Gold belt test- all previous requirements**



# Beginner Ranks

## Minimum Belt Requirements and fitness expectations

Students' performance varies with different individuals. Instructor will take in account the students strengths and improvement areas. Remember to practice at home. Practice hard. Practice often.

### **Fitness exercises**

See page 42 for exercises and fitness goals.

#### Balance

Hold front kick and side kick chamber for 5 seconds, steady, no bouncing, good posture and hands up.

#### Flexibility

Hold each splits position for 30 seconds.

These fitness exercises are goals for the student to achieve before they advance to their first intermediate belt. All techniques must be performed solidly with speed, power, and proper technique, without breaks in focus!

### **Practice Expectations Outside of Class**

Practicing outside of the class is essential to advancing in rank. Below are the MINIMUM practice requirements. More time is encouraged.

White/Gold Belts- 10 minutes twice a week

It is recommended that students spend this time practicing material from earlier ranks as well as current materials. Time should be taken to practice basic techniques as well such. An example would be to practice 20 sidekicks on each side slowly making sure to chamber the knee before and after the kick, point the standing heel towards the target and keep hands in a guarding position. It is important to focus on good technique while practicing. Remember practice does NOT make perfect; PERFECT practice makes perfect! If extra assistance is needed, private lessons are available for an additional charge. Contact the front office to schedule.

# White Belt

## Requirements for Gold Belt

at 6 lessons

### **1st Stripe | 6 count basics / 3 count front kick**

1. Defensive front punch - Offensive front punch
2. Defensive back punch - Offensive back punch
3. Defensive front leg front kick - Offensive front leg front kick
4. Defensive back leg front kick - Offensive back leg front kick
5. Defensive front leg side kick - Offensive front leg side kick
6. Defensive back leg side kick - Offensive back leg side kick

Six count basics are performed to a 6 count led by the instructor.

at 12 lessons

### **2nd Stripe || 1 step counters**

1. Offensive front punch - Front high forearm block, back punch
2. Offensive back punch - Front high forearm block, back punch
3. Offensive front leg front kick - step 45° back, low forearm block, back punch
4. Offensive back leg front kick - switch sides, 45° back, low forearm block, back punch
5. Offensive front leg side kick - step 45° back, low forearm block, back punch
6. Offensive back leg side kick - switch sides, 45° back, low forearm block, back punch

at 18 lessons

### **3rd Stripe ||| Hyung (meaning pattern or form)**

Kyu-Yool - Discipline

1. One, Sir! Cross hands, right closest to heart—feet are together.
2. Two, Sir! On hands, in the “up” push-up position.
3. Three, Sir! Push up # 1.
4. Four, Sir! Push up # 2.
5. Five, Sir! Push up # 3.
6. Six, Sir! Push up # 4.
7. Seven, Sir! Push up #5.
8. Eight, Sir! Stand up, feet together, cross arms with right closest to heart.
9. Nine, Sir! Attention stance.
10. Thank you, Sir! Salute.

at 24 lessons

**4th Stripe ||| Permission to test for Gold Belt**

**Extras and Tips:**

Really practice your positive width stance (guarding stance) making a broken "L" with your feet, body sideways and hands by your chin. 3 count front kick balance.

# Gold Belt

## Requirements for Orange Belt

at 6 lessons

### **1st Stripe | Gold Belt Combinations / 4 count side kick**

1. Offensive front punch, back punch, front hook punch
2. Offensive back punch, front hook punch, back upper cut
3. Offensive front punch, back punch, front ridge hand

at 12 lessons

### **2nd Stripe || Double counters**

1. ATTACKER: Offensive front punch.  
DEFENDER: left chop block, back punch.  
ATTACKER: Left chop block, back punch.
2. ATTACKER: Offensive back punch.  
DEFENDER: left chop block, back punch.  
ATTACKER: Left chop block, back punch.
3. ATTACKER: Offensive front leg front kick.  
DEFENDER: Step back, diagonally towards the right, left low chop block, back punch.  
ATTACKER: left chop block, back punch.
4. ATTACKER: Offensive back leg front kick.  
DEFENDER: 140-degree step back to the left, right low chop block, back punch, ATTACKER: left chop block, back punch
5. ATTACKER: Offensive front leg side kick  
DEFENDER: Step back, diagonally towards the right, left low chop block, back punch.  
ATTACKER: left chop block, back punch. (Same as #3)
6. ATTACKER: Offensive back leg side kick  
DEFENDER: 140-degree step back to the left, right low chop block, back punch, ATTACKER: left chop block, back punch (same as #4)

### **Addition to double counters for adults and Red belt & above :**

7. ATTACKER: Offensive front round kick  
DEFENDER: Front hand parry, defensive front leg round kick.  
ATTACKER: Front hand parry, back punch.
8. ATTACKER: Offensive back leg round kick  
DEFENDER: 140-degree step back to the left , front hand parry, defensive front leg round kick.  
ATTACKER: Reverse side kick (or jump reverse side kick)

at 18 lessons

**3rd Stripe ||| Hyung Kam-Sah - Appreciation**

1. One, Sir! Cross hands, right closest to heart—feet are together.
2. Two, Sir! Look left, fold arms for left chop block.
3. Three, Sir! Step out to left with the left foot, left chop block.
4. Four, Sir! Right back punch.
5. Five, Sir! Left foot to right, look right, fold for right chop block.
6. Six, Sir! Right foot step to right, right chop block.
7. Seven, Sir! Left back punch.
8. Eight, Sir! Slide right foot to left, cross arms with right closest to the heart.
9. Nine, Sir! Attention stance.
10. Thank you, Sir! Salute

at 24 lessons

**4th Stripe |||| Permission to test for Orange Belt**

**Extras and Tips:**

The three important things to work on with combinations is quick take-off, speed, and technique. Don't finish last!



# Intermediate Ranks

## Minimum Belt Requirements and fitness expectations

Students' performance varies with different individuals. Instructor will take in account the students strengths and improvement areas. Remember to practice at home. Practice hard. Practice often.

### **Fitness exercises**

See page 42 for exercises and fitness goals.

#### Balance

Execute 3 count front kick/4 count side kick- hold each count 10 seconds, steady, no bouncing, good posture and hands up.

#### Flexibility

Hold each splits position for 45 seconds.

These fitness exercises are goals for the student to achieve before they advance to their first advanced belt. All techniques must be performed solidly with speed, power, and proper technique, without breaks in focus!

### **Practice Expectations Outside of Class**

Practicing outside of the class is essential to advancing in rank. Below are the MINIMUM practice requirements. More time is encouraged.

Orange/Green Belts· 15 minutes twice a week

Purple/Blue belts· 15 minutes three times a week

It is recommended that students spend this time practicing material from earlier ranks as well as current materials. Time should be taken to practice basic techniques as well such. An example would be to practice 20 sidekicks on each side slowly making sure to chamber the knee before and after the kick, point the standing heel towards the target and keep hands in a guarding position. It is important to focus on good technique while practicing. Remember practice does NOT make perfect; PERFECT practice makes perfect! If extra assistance is needed, private lessons are available for an additional charge. Contact the front office to schedule.

# Orange Belt

## Requirements for Green Belt

at 9 lessons

### 1st Stripe | Green Belt Combinations / 3 count round kick

1. Offensive front punch, front leg front kick, back punch
2. Offensive front punch, front leg side kick, back punch
3. Offensive front punch, front leg round kick, back ridge hand

at 18 lessons

### 2nd Stripe || counters - basic front grabs with follow-up

1. Choke
2. Shoulder grab
3. Elbow grab
4. Wrist grab
5. Double wrist grab

at 27 lessons

### 3rd Stripe ||| Hyung

Chon Ji - Heaven and Earth

#### JOONBEE

1. Move the left foot west forming a left front stance while executing a low block.\*
2. Step forward with the right foot forming a right front stance while executing a middle punch with the right fist.
3. Move the right foot east, turning clockwise to form a right front stance while executing a low block.
4. Step forward with the left foot forming a left front stance while executing a middle punch with the left fist.
5. Move the left foot north forming a left front stance while executing a low block.
6. Step forward with the right foot forming a right front stance while executing a middle punch with the right fist.
7. Move the right foot south turning clockwise to form a right front stance while executing a low block.
8. Step forward with the left foot forming a left front stance while executing a middle punch with the left fist.
9. Move the left foot east forming a right back stance executing an inside middle block.\*

10. Step forward with the right foot forming a right front stance while executing a middle punch with the right fist.
11. Move the right foot west turning clockwise to form a left back stance while executing a inside middle block.
12. Step forward with the left foot forming a left front stance while executing a middle punch with the left fist.
13. Move the left foot south forming a right back stance while executing a inside middle block.
14. Step forward with the right foot forming a right front stance while executing a middle punch with the right fist.
15. Move the right foot north turning clockwise to form a left back stance while executing a inside middle block.
16. Step forward with the left foot forming a left front stance while executing a middle punch with the left fist.
17. Step forward with the right foot forming a right front stance while executing a middle punch with the right fist.
18. Step backwards with the right foot forming a left front stance while executing a middle punch to D with the left fist.
19. Step backwards with the left foot forming a right front stance while executing a middle punch with the right fist.\*

GOMAN (END)

\*Denotes Kihop point.

### **Sparring**

Controlled slow sparring

at 36 lessons

**4th Stripe |||| Permission to test for Green Belt**

### **Extras and Tips:**

Spend time at home practicing the front and back stance correctly.

# Green Belt

## Requirements for Purple Belt

at 9 lessons

### **1st Stripe | Green Belt Combinations / 6 count side kick**

1. Offensive back leg front kick, back leg round kick, back punch
2. Offensive front leg round kick, front leg side kick, back punch
3. Offensive back leg round kick, reverse side kick, back ridge hand

at 18 lessons

### **2nd Stripe || counters - basic grabs with follow-up**

1. Rear choke
2. Rear naked choke
3. Rear Bear hug
4. Rear bent arm
5. Rear shoulder grab

at 27 lessons

### **3rd Stripe ||| Hyung Jayoo - Freedom**

*JOONBEE* Open hands X-block with stand up position.

1. West left chop block.\*
2. Right back punch.
3. East right chop block.
4. Left back punch.
5. North left chop block.
6. Right back punch.
7. Right foot step, right chop block.
8. Left back punch.
9. Back leg front kick with a forward step.
10. Left front punch.
11. Right back punch.\*
12. West right chop block (turning 270 degrees clockwise).
13. Left back punch.
14. East left chop block.
15. Right back punch.
16. South right chop block.
17. Left back punch.
18. Left foot step, left chop block.
19. Right back punch.
20. Back leg front kick with a forward step.

21. Right front punch.
22. Left back punch.\*
23. West left chop block. (turning 270 degrees counter-clockwise)
24. Right back punch.
25. East right chop block.
26. Left back punch.\*

GOMAN(END)

\*Denotes Kihop point.

### **Sparring**

Controlled slow sparring, can demonstrate use of combinations.

at 36 lessons

### **4th Stripe |||| Permission to test for Purple Belt**

#### **Extras and Tips:**

Turn your heel into your back punch every time, especially during Jayoo. Practice keeping your hands up consistently during Jayoo as well.

# Purple Belt

## Requirements for Blue Belt

at 12 lessons

### 1st Stripe | Purple Belt Combinations / 4 count reverse side kick

1. Offensive front punch, back lunge punch, reverse side kick, back punch
2. Offensive front leg hook kick, back leg round kick, reverse side kick, back punch
3. Offensive front leg round kick, reverse side kick, back leg round kick, back ridge hand

at 24 lessons

### 2nd Stripe || counters - break falls & throws

1. Back fall
2. Side fall
3. Front fall
4. Back roll
5. Forward roll
6. Hip throw
7. Shoulder throw (adult only)
8. Outer reap
9. Step sweep (adult only)
10. Two hand reap

at 36 lessons

### 3rd Stripe ||| Hyung Chosang - Ancestors

Music ("God Bless America")

*JOONBEE*: Right hand over left fist.

1. West left chop block.
2. Right back punch.
3. East right chop block.
4. Left back punch.
5. North left chop block.
6. Right back punch.
7. South right chop block.
8. Left back punch.
9. North right high chop with left rising chop block.
10. Right back front kick.
11. Right back fist.

12. Left high chop with right rising chop block.
13. Left front kick.
14. Left back fist.
15. South right chop block.
16. Left back punch.
17. Left chop block.
18. Right back punch.
19. Right chop block.
20. Left back punch.
21. Left front kick.
22. Cross arms to right hand up diagonal, straight arms.
23. Cross arms to right hand down diagonal, straight arms.
24. Cross arms to open horizontal arms.
25. Cross arms to open arms up to make 45 degrees.
26. North left step right knee down, hands up to make a triangle.
27. Open arms to make horizontal arms.
28. Stand up and left chop block.
29. Right back punch.
30. Cross hands at wrists.
31. Both hands circle down and up to cover the left fist with right hand with arms locked above head.
32. Lower the fist to the face level.
33. Take left step back north and right knee down and hands up to make a triangle.
34. Open arms to make horizontal arms.
35. Stand up and left chop block.
36. Right back punch.
37. Cross hands at wrist.
38. Both hands circle down and up to cover the left fist with right hand with arms locked above head.
39. Lower the fist to the face level.
40. Bow.
41. Stand up straight.

GOMAN(END)

Sparring- Controlled light sparring, can demonstrate use of combinations.

at 48 lessons

**4th Stripe ||| Permission to test for Blue Belt**

**Extras and Tips:**

Bring a CD or jump drive so we can put your forms music on it to enable you to practice at home.

# Blue Belt

## Requirements for Red Belt

at 12 lessons

### **1st Stripe | Combinations / 4 count hook kick**

1. Fake independent motion, reverse hook kick, back leg round kick, back punch
2. Offensive front leg hook kick, back leg front kick, reverse hook kick, back punch
3. Offensive back leg round kick, tornado kick, reverse hook kick, back ridge hand

at 24 lessons

### **2nd Stripe || Traditional One-Steps**

1. To-san block, straight punch to bridge of nose
2. To-san block, straight punch to solar plexus, knee lift
3. Defensive front kick, to-san block, uppercut to solar plexus
4. Outside middle block, back fist, back punch
5. Step right, parry, side kick, back fist to the head, back punch to the body

at 36 lessons

### **3rd Stripe ||| Hyung Jung Yee - Justice**

*JOONBEE*. Open hands X-block with stand up position.

1. West left chop down block with right back stance.\*
2. Right back punch.
3. East right chop down block with left back stance.
4. Left back punch.
5. North left chop block with right back stance.
6. Right back punch.
7. Left chop block with right back stance.
8. Right step high inward chop.
9. 180-degree counter-clockwise turn and left step chop block with right back stance.
10. Right back punch.\*
11. Right step, right chop block with left back stance.
12. Left back punch.
13. Right chop block with left back stance.
14. East 270-degree counter-clockwise turn and left chop down block with right back stance.
15. Right back punch.

16. West right chop down block with left back stance.
17. Left back punch.
18. South left chop block with right back stance.
19. Right back punch.
20. Left chop block with right back stance.
21. Right step low, right front stance with fist X-block down.
22. Open hand X-block up (elbows straight).
23. Twist and right, left, and right punches.
24. Right back step low left front stance with fist X-block down.
25. Open hand X-block up (elbows straight).
26. Twist and right, and left, and right punches.
27. Bring right to the left foot and stand up right.
28. Left front kick.
29. Right round kick and right tornado kick.
30. Right elbow strike to left palm with horse stance.\*
31. Low block to the right with left back stance.
32. Left back punch.
33. 270-degree counter-clockwise turn and left chop down block with right back stance.
34. Right back punch.
35. East chop block down with left back stance.
36. Left back punch.

GOMAN(END)

\*Denotes a Kihop point.

### **Sparring**

Controlled light sparring, can demonstrate strategy with use of combinations.

at 48 lessons

### **4th Stripe |||| Permission to test for Red Belt**

#### **Extras and Tips:**

Really work on physical stamina. This is the point where the belt test starts to become more physically challenging.



# Advanced Ranks

## Minimum Belt Requirements and fitness expectations

Students' performance varies with different individuals. Instructor will take in account the students strengths and improvement areas. Remember to practice at home. Practice hard. Practice often.

### **Fitness exercises**

See page 42 for exercises and fitness goals.

#### Balance

Execute 3 count front kick/4 count side kick- hold each count 15 seconds, steady no bouncing, good posture hands up.

#### Flexibility

Hold each splits position for 1 minute.

### **Practice Expectations Outside of Class**

Practicing outside of the class is essential to advancing in rank. Below are the MINIMUM practice requirements. More time is encouraged.

Red belt and up- 20-30 minutes three times a week

It is recommended that students spend this time practicing material from earlier ranks as well as current materials. Time should be taken to practice basic techniques as well such. An example would be to practice 20 sidekicks on each side slowly making sure to chamber the knee before and after the kick, point the standing heel towards the target and keep hands in a guarding position. It is important to focus on good technique while practicing. Remember practice does NOT make perfect; PERFECT practice makes perfect! If extra assistance is needed, private lessons are available for an additional charge. Contact the front office to schedule.

# Red Belt

## Requirements for 2nd Brown Belt

### Combinations / 6 count round kick, side kick

1. Fake independent motion, reverse crescent kick, back punch, back leg round kick, back punch
2. Offensive front leg side kick, jump side kick, back punch
3. Offensive jump back leg round kick, reverse hook kick, back ridge hand

### Hyung Pyang Wa - Peace

*JOONBEE*: Fist X-block with stand up position.

1. North open hands horizontal arms.\*
2. Left step right high chop with left twist stance.
3. Right round and skip side kick and left back punch.
4. Right chop down as sliding back slightly with left back stance.
5. Northeast left to right foot and right step and right chop up with right front stance.
6. Right step back and left chop down with right back stance.
7. Northwest right to left foot and left step and left chop up with left front stance.
8. Left step back and right chop down with left back stance.
9. South right ridge hand with left front stance.\*
10. Right round and tornado kick and right elbow to left palm with horse stance.
11. Right down up block.
12. Left down up block.
13. Both up block.
14. Both down block.
15. Right punch with left hand resting on right elbow.
16. Twin punch.
17. High fist X-block.
18. 180-degree clockwise turn stumping with left heel and high mountain block with horse stance.
19. Right down up block.
20. Left down up block.
21. Both up block.
22. Both down block.
23. Right punch with left hand resting on right elbow.
24. Twin punch.
25. North 360-degree jump turn land with right chop block with left back stance.\*
26. Left step forward and left chop down with right back stance.
27. South left step to right foot standing up right with right chop block.
28. Right hook, round, and side kick combinations.
29. Left elbow strike to right palm with right front stance.
30. North right to left foot and left elbow push with slide with horse stance.
31. Left step back right chop block with left back stance.
32. Left back punch.\*

*GOMAN* (END)

\*Denotes Kihop point.

## Counters

Using the knowledge you've gain from the previous belts demonstrate 10 self defense moves using the techniques listed below. Simplicity is a key to self defense but the testing panel wants to see advanced knowledge of technique to control and disable your opponent.

1. Armbar (any variation)
2. Center lock
3. Backwards throw
4. Wrist lock (Wrist compression, any variation)
5. Mobility throw
6. Shoulder or hip throw
7. Reap (any variation)
8. Ankle lock
9. Chole hold (any variation)
10. Shoulder lock (any variation)

## Sparring

Controlled medium sparring, can demonstrate advanced strategy with use of combinations.

## At 60 Lessons One Stripe | Permission

Permission to test for 1st Brown Belt

## Extras and Tips:

Find a partner for your counters early on and practice with that partner often. It is your responsibility to ensure your partner is at the final exam and graduation.

## Addition to double counters :

9. ATTACKER- Offensive front round kick  
DEFENDER- Front hand parry, defensive front leg round kick.  
ATTACKER- Front hand parry, back punch.
10. ATTACKER- Offensive back leg round kick  
DEFENDER- 140-degree step back to the left , front hand parry, defensive front leg round kick.  
ATTACKER- Reverse side kick (or jump reverse side kick)

# 2nd Brown Belt

## Requirements for 1st Brown Belt

### Combinations / 6 double count round kick, side kick

Create three combos that flow with the progression of the previous combos. Should demonstrate advanced knowledge in combining hand and foot techniques with target variation.

### Counters

Using the knowledge you've gain from the previous belts create 10 self defense moves defending against grabs, holds, strikes and weapons. Simplicity is a key to self defense but the testing panel wants to see advanced knowledge of technique to control and disable your opponent.

### Hyung / Might For Right

Music, Exodus

*JOONBEE*: Feet together hands crossed in an X block. Chin level.

1. West left chop block—right back stance.
2. Right back punch.
3. East right chop block—left back stance.
4. Left back punch.
5. North left chop block—right back stance.
6. Right back punch.
7. Slide right foot to left foot, standing, look south and fold right hand on top of left shoulder, left arm across body. Slow right downward chop to eye level.
8. Right side kick, set down in a right back stance with left chop block.
9. North spinning chop ending with a right back punch (fast) and repeat (slow) from a right back stance.
10. Jump to a straddle stance with a “W”block, looking east.
11. South right rising chop block and left chop.
12. Left front kick.
13. Left back fist from a crossed leg stance.
14. Slide into a right back stance, left chop block.
15. Right back punch and pull hand back to a “W” block.
16. Right spinning chop with a right tornado kick. Set down in a straddle stance with a right elbow smash.
17. Right downward chop block from a left back stance.
18. Left back punch (fast) and then repeat (slow).
19. Jump into a straddle stance with a “W”block looking east.
20. North left rising block and right chop to neck.
21. Right front kick.
22. Right back fist.
23. South right foot back standing back stance with the left hand open and extending out slowly from below a crossed over right arm.
24. Back leg round/side kick.
25. Look south as the open right hand is extended out to the right from a straddle stance.
26. Slide left foot to right foot, look north arms crossed at face level.
27. Looking north, break with your wrists at eye level and turning your lower arms at the last second.
28. Turn 180 degrees to the left on the balls of your feet, crossing your legs and your arms a second time. Break a second time, still looking north.
29. North right front stance, left hand groin grab right hand open block across the chest, just below the chin.

30. Right upper block.
31. Left straight punch.
32. Left foot to right foot while bringing both hands into an overhead position, the space between your hands forming a triangle. Look through the triangle.
33. Break with your right fist closed and your left hand open. As your hands reach belt level, bring them together, left over right.
34. Step into a shallow left front stance, with the right leg slightly bent. Left hand starts in front and right hand starts in back, palms down. Slow press block, right moves forward, left backward (both hands turning palm up). Drop the stance quickly and press.
35. Step forward into a right front stance with a low "X" block (fists), a high open hand "X" block and a right/left/right straight punch combination.
36. Step backward into a left front stance with the same hand combinations as in #35.
37. Slide right foot to left foot, left front kick.
38. Right round kick.
39. Right side kick.
40. Left back punch (fast) and repeat (slow).
41. South turn into a right back stance with a double hand block, open left hand low and open right hand high (slowly).
42. Slide the right foot to the left foot and bring hands together into an overhead position. Break hands apart, both hands open. As hands reach shoulder height, pause, then clap them together.
43. Repeat steps 34 through 41.
44. Repeat steps 9 through 22.
45. Bring feet together with hands forming a triangle overhead. Break closing the left hand and keeping the right hand open. Right covers left.

GOMAN (END)

### **Sparring**

Controlled medium sparring, can demonstrate advanced strategy with use of combinations.

### **Fitness Day**

Must attend and pass fitness day with a minimum of 60 percentile to be eligible for Final Exam.\*

### **Assisting**

Assist 25 classes.

### **At 60 Lessons One Stripe | Permission**

Permission to test for 1st Brown Belt

### **Extras and Tips:**

Make sure your instructor approves of all of your counters at least two-three weeks prior to your test so you have time for revisions if needed.

# 1st Brown Belt

## Requirements for 1st Degree Black Belt

### Combinations / 10 count front, round, side, hook kick

Create three combos that flow with the progression of the previous combos. Should demonstrate advanced knowledge in combining hand and foot techniques with target variation.

### Counters

Using the knowledge you've gain from the previous belts create 20 self defense moves defending against grabs, holds, strikes and weapons. Simplicity is a key to self defense but the testing panel wants to see advanced knowledge of technique to control and disable your opponent.

### Hyung / Marriage of East and West

Music, Beethoven's 5th Symphony

1. Cross forearms to V.
2. Right kicking step to right punch.
3. Right cross step to 180 degrees left turn, low chop block.
4. Back step high chop.
5. Left straight punch.
6. Front leg front kick.
7. Back leg round kick.
8. Right straight punch.
9. Step forward to a right, high chop block.
10. Step back to a left, high chop block.
11. Right straight punch.
12. Left jump front leg front kick.
13. High twin vertical punch.
14. Cross forearms to V.
15. 180-degree left turn to back stance with a left chop block.
16. Back chop with forward step.
17. 360-degree left turn to back stance, high left chop block..
18. Straight punch.
19. 180-degree right turn to back stance, high chop block..
20. Back chop with forward step.
21. 360-degree right turn to back stance, block, right chop block.
22. Straight punch.
23. Step forward straight punch.
24. Step back to back stance down left chop block.
25. Step to heel then right front temple chop.
26. Step back to back stance down left chop block.
27. Step to heel then left front temple chop.
28. Step back right down chop block.
29. Turn head slowly 180 degrees.
30. Back ridge hand.
31. Back round kick.
32. Tornado kick to right elbow smash.
33. Fifth block.
34. 360-degree jump turn to right high chop block.
35. Left hand back slap.
36. Back crescent kick to straddle stance and elbow smash.
37. High/low block.
38. Back press block (slow—left fist by chin).
39. Back press block (slow, right fist by chin).
40. Feet together, right step to 180 degrees left turn.
41. Right inside circle block (as turning, step and left down chop block forward).
42. Left inside circle block.

43. Step forward, left high chop block.
44. Right back punch.
45. Left high chop block.
46. Step back high chop block.
47. Step back high chop block.
48. Back round kick.
49. Back round kick.
50. Front high chop block.
51. Step forward, high chop block.
52. Back punch.
53. High chop block. High chop block.
54. 180-degree left turn to straight arm chop.
55. Double parallel punch to right.
56. Turn 180 degrees to straddle stance mountain block.
57. Fifth block.
58. Double parallel punch.
59. Step with left foot 180 degrees, right high chop with left rising chop block.
60. Back round kick.
61. Push elbow landing in right back stance at 180 degrees.
62. Push elbow.
63. Down chop block.
64. Left high chop with right rising chop block.
65. Back round kick.
66. Push elbow landing in right back stance at 180 degrees.
67. Chop block down.
68. Back round kick, step behind side kick.
69. Feet together, cross forearms to V.

*GOMAN* (END)

### **Sparring**

Controlled medium sparring, can demonstrate advanced strategy with use of combinations, front leg sweeps allowed, sparring two opponents.

### **Fitness Day**

Must attend and pass fitness day with a minimum of 60 percentile to be eligible for Final Exam.\*

### **Assisting**

Assist 35 classes, teach 5.

### **At 60 Lessons One Stripe | Permission**

Permission to test for 1st Degree Black

### **Extras and Tips:**

This test will be very physically challenging. Make sure to start training months ahead of time. Ask your instructor for ideas of daily drills. If you are well-prepared, completing the test will be an achievable feat!

# Degrees of Black Belts

Congratulation for achieving your 1st degree black belt. This is now the true beginning of your life in martial arts. It's the equivalent of graduating high school and now you're off to college. You have acquired the rank of assistant instructor and now will work towards instructor, senior instructor, master then beyond. Good luck to you as you now begin your martial arts maturity.

Please ask for your Black Belt notebook if you do not receive it after your Graduation.

## More Korean Terms

TERM	MEANING	ACTION
Sogee	Stance	As in guarding stance, front stance, etc.
Chagee	Kick	As in front kick, round kick, etc.
Chirigee	Punch	As in front punch, etc.
Makee	Block	As in low block, high block, etc.
Kye Ru Gee	Sparring	Refers to free style sparring.
Gup	Grade	A 1st brown belt is ilgup, 2nd brown is eegup, red is samgup, etc.
Dan	Degree	Refers to black belt ranks.
IL Ee Sam Sa O Yuk Chil Pal Ku	1st 2nd 3rd 4th 5th 6th 7th 8th 9th	These numbers refer to rank. Example Samdan is 3rd degree black. 1st degree black belts is ildan, but can be called chodan which is a Chinese pronunciation.
Hana Dool Set Net Dasot Yasot Ilgop Yadol Ahop Yool	1 2 3 4 5 6 7 8 9 10	These numbers are used while counting. Example- Could be used by instructor while counting during the form Kamsah.

# Detailed Descriptions of Basic Techniques

## **Defensive Front Punches**

The body begins the punch by moving forward over the front foot. As the body moves forward, the rear foot's heel lifts off the floor. Approximately 2/3 of the way toward the front foot, the front arm extends, but the rear arm remains in the same place. The hips rotate quickly so that the frontal plane of the body is perpendicular to the target. The fist strikes with the top of the index and middle finger knuckles only. The wrist turns over so that the knuckles are at a 30-degree angle to the floor. The arm is then retracted back, and the body returns to the guarding position.

## **Offensive Front Punches**

Repeat movements listed above, but step with the front foot and slide the back foot equal distance. The punch strikes the target at the same time as front foot touchdown.

## **Defensive Back Punches**

The body begins rotation as the rear foot rolls out from the greater toe to the lateral side of the foot. As the body nears full rotation and movement toward the front foot, the punching arm extends, but the front arm moves back to a position just in front of and beside the chin. The fist strikes with the top of the index and middle finger knuckles only. The wrist turns over so that the knuckles are at a 30-degree angle to the floor. The arm is then retracted back, and the body returns to the guarding position. Note that a well executed back punch will result in the feet leaving the floor for a very brief moment.

## **Offensive Back Punches**

Repeat movements listed above, but step with the front foot and slide the back foot equal distance. The punch strikes the target at the same time as foot touchdown.

## **Defensive Front Leg Front Kick**

The front knee rises and points straight toward the target while the kicking foot is pulled back close to the standing leg. With the kicking foot toes dorsally flexed, the kick is snapped out and back without moving the knee up and down. It is then returned to the floor in the same manner as the kick began.

## **Offensive Front Leg Front Kick**

A step with the front foot is followed with a slide up of the back foot. The back foot actually goes through the position of the front foot's step (the front foot is on its way to the target), requiring some very brief flight time. It is important to return to the guarding position with balance.

## **Defensive Back Leg Front Kick**

Spinning on the balls of the feet, the body is rotated and the guards are changed. The back knee rises quickly so that it points toward the target. The kicking foot toes are dorsally flexed, and the kick is snapped out and back without moving the knee up and down.

## **Offensive Back Leg Front Kick**

Same as defensive, but as you step, turn the front foot.

## **Defensive Front Leg Side Kick**

The front leg comes up off the floor immediately prior to the rear foot rising on the ball of the foot and pivoting to point the heel directly toward the target. The kicking knee is pulled up and across the body with the kicking foot pulling up to a position slightly lower than the kicking knee. With the hands maintaining their guarding position and the body posture straight, the kick is thrust out in a straight line to the target. The striking surface of the foot is the heel. That foot is dorsally flexed, toes pointing back and down. The kick is then retracted in the same path.

## **Offensive Front Leg Side Kick**

The front foot steps forward and is aligned parallel to other foot. The rear foot then steps behind and past the front foot. As it is set down, the heel is pointed straight toward the target. The foot and knee are then brought up quickly as they thrust out to the side and back.

**Defensive Back Leg Side Kick**

Turn body and change guards before you lift rear foot up off the floor. As rear foot is lifted up, swing it around standing leg very closely as you rise on the ball of the foot and pivot heel to point directly toward target. Throw the kicking foot's hip toward the target and pull the kicking knee slightly in front of body. Do not turn chest in the opposite direction of target. With hands maintaining a guarding position and the body posture straight, the kick is thrust out in a straight line to the target. The striking surface of the foot is the heel. That foot is dorsally flexed, toes pointing back and down. The kick is then retracted in the same path.

**Offensive Back Leg Side Kick**

Same as above but with a step and a 90-degree turn of the front foot.

# Fitness goals and requirements

## Fitness Charts

Beginner fitness - 45 percentile

Sit-ups	11y(boy) - 36 / 11y(girl) - 31	14y(boy) - 44 / 14y(girl) - 36	17+y(boy) - 43 / 17+y(girl) - 43
Push-ups	11y(boy) - 15 / 11y(girl) - 9	14y(boy) - 22 / 14y(girl) - 9	17+y(boy) - 31 / 17+y(girl) - 10
Pull-ups	11y(boy) - 1 / 11y(girl) - 1	14y(boy) - 4 / 14y(girl) - 1	17+y(boy) - 7 / 17+y(girl) - 1
2-mile	11y(boy) - 19:32 / 11y(girl) - 23:12	14y(boy) - 15:58 / 14y(girl) - 20:50	17+y(boy) - 14:28 / 17+y(girl) - 21:36
100m sprints	11y- 00:17-	14y- 00:17-	17+y- 00:17-

Intermediate fitness - 60 percentile (2nd brown belt and up must pass fitness day with minimum 60 percentile)

Sit-ups	11y(boy) - 39 / 11y(girl) - 35	14y(boy) - 48 / 14y(girl) - 40	17+y(boy) - 53 / 17+y(girl) - 53
Push-ups	11y(boy) - 19 / 11y(girl) - 10	14y(boy) - 25 / 14y(girl) - 14	17+y(boy) - 41 / 17+y(girl) - 17
Pull-ups	11y(boy) - 3 / 11y(girl) - 1	14y(boy) - 6 / 14y(girl) - 1	17+y(boy) - 10 / 17+y(girl) - 1
2-mile	11y(boy) - 17:30 / 11y(girl) - 21:24	14y(boy) - 14:38 / 14y(girl) - 18:54	17+y(boy) - 13:40 / 17+y(girl) - 19:42
100m sprints	11y- 00:15-	14y- 00:15-	17+y- 00:15-

Advanced fitness - 75 percentile

Sit-ups	11y(boy) - 43 / 11y(girl) - 39	14y(boy) - 52 / 14y(girl) - 43	17+y(boy) - 62 / 17+y(girl) - 62
Push-ups	11y(boy) - 24 / 11y(girl) - 15	14y(boy) - 32 / 14y(girl) - 17	17+y(boy) - 46 / 17+y(girl) - 20
Pull-ups	11y(boy) - 4 / 11y(girl) - 2	14y(boy) - 8 / 14y(girl) - 2	17+y(boy) - 12 / 17+y(girl) - 2
2-mile	11y(boy) - 16:00 / 11y(girl) - 19:28	14y(boy) - 13:30 / 14y(girl) - 17:12	17+y(boy) - 12:46 / 17+y(girl) - 17:44
100m sprints	11y- 00:14-	14y- 00:14-	17+y- 00:14-

Black Belt fitness - 80 percentile

Sit-ups	11y(boy) - 47 / 11y(girl) - 42	14y(boy) - 56 / 14y(girl) - 47	17+y(boy) - 68 / 17+y(girl) - 68
Push-ups	11y(boy) - 27 / 11y(girl) - 19	14y(boy) - 40 / 14y(girl) - 20	17+y(boy) - 53 / 17+y(girl) - 25
Pull-ups	11y(boy) - 6 / 11y(girl) - 2	14y(boy) - 10 / 14y(girl) - 2	17+y(boy) - 17 / 17+y(girl) - 3
2-mile	11y(boy) - 15:04 / 11y(girl) - 19:28	14y(boy) - 12:52 / 14y(girl) - 17:12	17+y(boy) - 12:12 / 17+y(girl) - 16:30
100m sprints	11y- 00:13-	14y- 00:13-	17+y- 00:13-







