



**Red Belt with II
Stripes
Black Belt Prep**

Note to Students:

This is not going to be an easy test. You can expect to do over 2,000 techniques and over 1,000 push ups. Understand that this test is designed to push you beyond your previous concepts of self and prove to you that anything is possible as long as you try your best and your hardest. Remember the next couple pages of this packet are a basic starting point for your test and every test is different and harder than the one before it.

Practice guides for black belt exam

1. The following guides should be used one page each day as you practice your forms, one-step sparring, self-defense.
2. The following guides are set ups as each section of your exam
3. Remember perfect practice makes perfect

Kicking practice guide

Rear leg kicks (10 X each leg)

Front stretch kick

10 push ups

Inside to outside kick

10 push ups

Outside to inside kick

10 push ups

Front snap kick

10 push ups

Round house kick

10 push ups

Side kick

10 push ups

Side hook kick

10 push ups

Back kick

10 push ups

Short spinning wheel kick

10 push ups

Spinning back hook kick

10 push ups

Long spinning wheel kick

10 push ups

Kicking practice guide

Front leg kicks (10 X each leg)

- Front stretch kick**
 - 10 Sit ups
- Inside to outside kick**
 - 10 Sit ups
- Outside to inside kick**
 - 10 Sit ups
- Front snap kick**
 - 10 Sit ups
- Round house kick**
 - 10 Sit ups
- Side kick**
 - 10 Sit ups
- Side hook kick**
 - 10 Sit ups

Kicking practice guide

Step in-front kicks (10 X each leg)

- Front stretch kick**
 - 10 push ups
- Inside to outside kick**
 - 10 push ups
- Outside to inside kick**
 - 10 push ups
- Front snap kick**
 - 10 push ups
- Round house kick**
 - 10 push ups
- Side kick**
 - 10 push ups
- Side hook kick**
 - 10 push ups

Kicking practice guide

Step Behind kicks (10 X each leg)

Front stretch kick

20 Jumping jacks

Inside to outside kick

20 Jumping jacks

Outside to inside kick

20 Jumping jacks

Front snap kick

20 Jumping jacks

Round house kick

20 Jumping jacks

Side kick

20 Jumping jacks

Side hook kick

20 Jumping jacks

Kicking practice guide

Skipping kicks (10 X each leg)

- Front stretch kick**
 - 10 Deep Knee Bends
- Inside to outside kick**
 - 10 Deep Knee Bends
- Outside to inside kick**
 - 10 Deep Knee Bends
- Front snap kick**
 - 10 Deep Knee Bends
- Round house kick**
 - 10 Deep Knee Bends
- Side kick**
 - 10 Deep Knee Bends
- Side hook kick**
 - 10 Deep Knee Bends

Kicking practice guide

Rear leg chambering jump kicks (10 X each leg)

Front stretch kick

10 push ups

Inside to outside kick

10 push ups

Outside to inside kick

10 push ups

Front snap kick

10 push ups

Round house kick

10 push ups

Kicking practice guide

Front leg chambering jump kicks (10 X each leg)

Front stretch kick

10 Squatting Jumps

Inside to outside kick

10 Squatting Jumps

Outside to inside kick

10 Squatting Jumps

Front snap kick

10 Squatting Jumps

Round house kick

10 Squatting Jumps

Kicking practice guide

Rear leg jump kicks NO chamber (10 X each leg)

Front stretch kick

10 Lunges

Inside to outside kick

10 Lunges

Outside to inside kick

10 Lunges

Front snap kick

10 Lunges

Round house kick

10 Lunges

Side kick

10 Lunges

Side hook kick

10 Lunges

Back kick

10 Lunges

Short spinning wheel kick

10 Lunges

Spinning back hook kick

10 Lunges

Kicking practice guide

Front leg Jump kicks NO chamber (10 X each leg)

Front stretch kick

10 Jump Knees to the chest

Inside to outside kick

10 Jump Knees to the chest

Outside to inside kick

10 Jump Knees to the chest

Front snap kick

10 Jump Knees to the chest

Round house kick

10 Jump Knees to the chest

Side kick

10 Jump Knees to the chest

Side hook kick

10 Jump Knees to the chest

Punching practice guide

In a fighting stance (10 X each hand)

Jab

20 Can Can fornt snap kicks

Hammer Fist

20 Can Can fornt snap kicks

Back Fist

20 Can Can fornt snap kicks

Reverse Punch

20 Can Can fornt snap kicks

Reverse elbow

20 Can Can fornt snap kicks

Side Hammer Fist

20 Can Can fornt snap kicks

Spinning Back Fist

20 Can Can fornt snap kicks

Punching practice guide

In a Horse stance (10 X each hand)

High Punch

- 10 Machine gun round house kick

Middle Punch

- 10 Machine gun round house kick

Low Punch

- 10 Machine gun round house kick

High, Middle, Low Punch combo

- 10 Machine gun round house kick

Spear Hand

- 10 Machine gun round house kick

Plyer Hand

- 10 Machine gun round house kick

Palm Strike

- 10 Machine gun round house kick

Soo doo

- 10 Machine gun round house kick

Ridge Hand

- 10 Machine gun round house kick

Punching practice guide

In a Horse stance (10 X each hand)

High Block

100 Middle punches

Middle Block

100 Low Punches

Low Block

100 High Punches

High Knife-hand Block

100 Middle Punches

Middle Knife-hand Block

100 Low Punches

Low Knife-hand Block

100 High Punches