

3rd Degree Black Belt Test, moves only

Black Belt – One, Two and Three Step Sparring:

Moves are repeated with both Right and Left attacks.

1. **ATTACKER** starts in Choon Bee, steps forward and does a Middle Punch, right hand.
DEFENDER steps back with the right foot, Knifehand Single Forearm Block. Grab wrist, step past your attacker and throw person over your leg. Keeping hold of the hand, punch to partner's face. Repeat with left hand attack and appropriate defense.
2. **ATTACKER** steps forward and does a right High Punch.
DEFENDER steps back with the right foot and does a Knifehand Rising Block. Grab wrist, step behind and push partner off balance while sweeping leg. Repeat with left High Punch.
3. **ATTACKER** steps forward and does a right High Punch.
DEFENDER steps back with the right foot, Knifehand Rising block. Step in close to your partner and turn, pull partner close to your body and bend your legs, lowering your body. Keep partner tight against you, and lift with your legs while pulling hard on the arm, executing a throw. After they land, stomp, selecting a vulnerable target. Repeat with left High Punch.
4. **ATTACKER** does a Reverse Front Kick with the right leg.
DEFENDER stands in right Front Stance and moves left leg forward while sliding the back foot out of the way. Grab leg with your back arm (right arm) and do an Elbow Strike to the leg with your left arm. You may strike to the muscles of the leg or the knee, but do so carefully so as not to injure your partner. Repeat with a Left Reverse Front kick and the appropriate defense.
5. **ATTACKER** does a Lead Leg Front Kick.
DEFENDER stands at Choon Bee and shifts forward, grabbing leg with back arm and delivers an Elbow Strike with front arm. Be careful not to injure your partner. Repeat on both sides.
6. **ATTACKER** does a right, Lead Leg Front Kick.
DEFENDER stands in left Front Stance, moves right leg forward and back leg forward and to the side. Grab right leg with back arm. Elbow Strike to captured leg. Be careful not to injure partner. Repeat on both sides.
7. **ATTACKER** does a stepping in front kick to the middle of the body with the right leg.
DEFENDER stands in Choon Bee and steps back with the right leg and grabs partner's leg with the back arm and brings his front elbow down on his partner's leg. Be careful not to injure partner. Repeat on both sides.
8. **ATTACKER** does a right, Stepping in Front Kick to partner's face.
DEFENDER stands in right Front Stance and steps back to another Front Stance and does a Rising Block

with the left hand, lifting up partner's leg. Grab leg with the right hand, followed by grabbing with the left hand. Lift partner's leg and step forward until partner falls. Only complete the fall if mats are available. Repeat with left leg attack.

9. **ATTACKER** does a right, Stepping in Front Kick to partner's face.

DEFENDER stands in right Front Stance and steps back to another Front Stance and does a Rising Block with the left hand, lifting up partner's leg. Grab leg with the right hand, followed by grabbing with the left hand. Do a Reverse Front Kick to partner's groin. Lift partner's leg and step forward until partner falls. Only complete the fall if mats are available. Repeat with left leg attack.

10. **ATTACKER** steps forward and does two punches, **right** and then **left** Reverse Middle Punch.

DEFENDER steps back with the right foot and does a Left Wrist Block followed immediately with a Palm Heel Block with the same hand. Place your right hand on their elbow. Step forward with your right foot and land behind attacker's left side and then pivot on your right foot. As you turn, force your partner down. Place your knee on their arm above the elbow and punch to the back of the head. Repeat on the other side. USE EXTREME CARE. DO NOT INJURE YOUR PARTNER.

11. **ATTACKER** steps forward does a high punch with the right hand.

DEFENDER steps back with the right leg and does a Knifehand Rising Block. Grab Wrist. Palm Heel Strike to the chin. Step behind the attacker, placing right foot behind partner's foot, while keeping your palm on their chin, pushing until partner falls. Repeat on both sides.

12. **ATTACKER** steps forward and does Right Punch to throat, steps forward and does Left Punch to throat and takes third step and does Right Punch to throat.

DEFENDER steps back with **LEFT** foot and does Left Reverse Middle Block Inward. Step back and do Right Reverse Middle Block Inward. On the third Step, move left to the left landing in a Horse Stance and do Left Middle Block Inward, followed by punching to the ribs, twice. Grab wrist with your left hand and place your right forearm on your partner's arm and force him down.

13. **ATTACKER** does 3 punches, first to the throat, second to the solar plexus and third to the throat.

DEFENDER steps back with the right leg, does Forearm Block. Step back twice more, each with a Forearm Block. After third block, grab wrist and do Reverse Punch to any target (Solar Plexus, Ribs, Throat, Head, etc.).

14. **ATTACKER** does attack number one.

Defender steps back and does Middle Blocks Outward. Do this a total of three times. After the last block, grabs wrist – Reverse Attack of your choice (punch, elbow strike, kick etc.).

15. **ATTACKER** does attack number one.

DEFENDER Steps back doing a Middle Block inward. Step back again, doing same block. On third attack, change directions and use block and counterattack of your choice.

16. Attacker does low right punch to the groin, followed by Reverse Front Kick to the groin. **DEFENDER** steps back and does a Low Block against punch, steps back and does Low Block against kick. Do a counterattack of your choice.

BLACK BELT KNIFE DEFENSES

Repeat moves with both **right** and **left** hand attacks and defenses.

1. **ATTACKER** does midlevel knife attack with right hand.

DEFENDER stands in right Front Stance or Choon Bee and swings left leg to the right when attack begins and grabs the top of partner's hand with their right hand. Return to center and turn hand. Grab wrist with other hand. Twist using both hands to force the **ATTACKER'S** hand upright and back toward **ATTACKER'S** head. This move will force partner to his knees. Place left hand under his elbow. Step forward with the left foot, turn and force partner down. Drop to one knee, with your knee on the back of the arm above partner's elbow. Keeping hold of partner's hand, bend it to force the release of the knife. Grab knife with your free hand. Repeat using left hand knife attack.

2. **ATTACKER** does over hand knife attack using right hand.

DEFENDER steps back, does arc hand block. Grasp the hand tightly and turn hand so knife will not cut your hand. Do arc strike to the throat. Grab throat, step behind **ATTACKER** and throw, keeping hold of wrist. Stomp to any target (ribs, solar plexus, groin, neck, face etc.). Use control. Do not injure your partner. Kneel, placing your partner's arm over your inside knee. Place your hand back on partner's throat. Force release of knife by pressing your hand on partner's wrist and pushing down on his arm as it lays across your inside knee. After forcing the release, slide your left knee forward to pin arm. Retrieve the knife. Repeat with left hand attack and defense.

3. **ATTACKER** does right Middle Knife Attacks.

DEFENDER stands in Right Front Stance. Grab wrist with both hands while stepping back with lead leg, pulling **ATTACKER** down and forward. Keep knife close to the floor. Raise knife as you step forward and turn, swinging partner's arm over your left shoulder. Do an arm break. Step back keeping hold of wrist with your right hand and place your left hand on partner's shoulder. Turn, moving your outside foot so partner falls. Pin arm and get the knife. Repeat with left hand attack.

4. **ATTACKER** steps forward with right foot and does a High Overhand Attack with knife, using the right hand.

DEFENDER steps back with right foot and does a Knifehand Block. Grab wrist and do a Palmheel Strike to the chin. Keeping palm on the chin, step behind **ATTACKER** placing your right foot behind **ATTACKER'S** foot. Push, forcing partner to fall, while keeping hold of their wrist. Stomp to any target. Straighten arm and twist hand to force release. Retrieve knife, while keeping hold of partner's hand. Repeat with left hand attack and defense.

5. **ATTACKER** steps forward with right foot and does a High Overhand Attack.

DEFENDER steps forward with the right foot and does a High Knifehand Crossing Block with the **LEFT** HAND closest to you. After blocking the attack, close your hands on partner's wrist and swing your back

foot (Left Foot) around while turning your back to your attacker. Keep hold of partner's wrist as you turn and step to the side of Attacker and drive knife into their body. Repeat on left side.

6. **ATTACKER** SLASHES, stepping forward with the right foot and starting to swing knife in an arc in front.

DEFENDER steps forward with the right foot and drive both arms forward, stopping the arm that is holding the knife. Grab partner's wrist with your left hand, and drive your right elbow into their jaw. Move your right foot behind Attacker and throw Attacker. Stomp to any target. Get the knife by locking arm and bending partner's hand.

7. **ATTACKER** SLASHES, stepping forward with the right foot and swinging knife in a wide arc in front of him.

DEFENDER steps back to get out of the way. Step forward with the left foot and grab partner's hand, the one holding the knife. When grabbing partner's hand, put both thumbs on the back of their hand and grasping firmly, step back with the left leg and bend wrist, forcing partner to fall. This can also be done without stepping forward. If the left leg is back you can do the same throw by turning your body, with the left foot back and partner's wrist bent. Stomp several times to any target(s) and get the knife.

HO SIN SULS:

1. **ATTACKER** puts both hand on your chest to push.

DEFENDER grabs both hands holding them to his chest and steps back, forcing partner down. When partner is bent over, **DEFENDER** releases both hands and does Twin Knifehand Strikes to the neck and then the temples.

2. Shake hands. **Attacker** begins to crush your hand (simulate).

DEFENDER presses knuckles between first and second finger until **ATTACKER** releases his grip. Grab **ATTACKER'S** right arm and lift as you swing under his arm and step behind him. Put left hand on his shoulder and push forward so he is off balance as you place your left foot on the back of his leg. Force partner down and hold him there. This type of defense is not limited to shaking partner's hand. You can initiate this defense by reaching forward and grabbing partner's hand. Repeat, using the left hand.

3. **ATTACKER** shakes hand and then begins to crush your hand.

DEFENDER grabs wrist and lifts **ATTACKER'S** hand. Step under their arm. Your back will briefly face your partner as your turn in a counterclockwise direction. End the turn next to your partner, both of you facing the same direction. Hold **ATTACKER'S** hand upright while turning their hand in a painful lock. Again, this move does not have to start by shaking hands. You can reach forward and grab an **ATTACKER'S** hand to initiate the Defense. Repeat, using the left hand.

4. **ATTACKER** shakes hand and then begins to crush your hand.

DEFENDER punches back of hand and then grabs a finger and twists to force a release, keeping finger levered, step back and do Reverse Front Kick to the solar plexus or groin. Repeat on the left side.

5. **ATTACKER** shakes hands. (Do with both right and left)

DEFENDER punches back of partner's hand. Grab wrist and turn your back while pulling partner's arm over your left shoulder (for their right hand). Break arm. Keep hold and throw partner. (THIS IS A VERY DANGEROUS THROW. DURING PRACTICE, TURN PARTNER'S HAND BACK OVER, BEFORE THROWING.) Stomp repeatedly on partner.

6. **ATTACKER** chokes partner.

DEFENDER reaches up with right hand and grabs knife hand edge of **ATTACKER'S** right hand, then place your left hand on **ATTACKER'S** elbow. Turn **ATTACKER'S** hand and move right foot back, while putting pressure on **ATTACKER'S** elbow. Do the same thing with left hand reaching over to **ATTACKER'S** left hand. Step back with left foot.

7. **ATTACKER** Grabs straight across with his right hand to partner's wrist. (Do with both right and left)

DEFENDER swings his right hand inward and around to force release and grabs partner's wrist. Step back to a Front Stance and do palm heel strike to the jaw. Repeat on left side.

8. **ATTACKER** does right punch. (Do on both sides.)

DEFENDER moves right foot back and does a Palm Heel Block with your left hand and then grabs partner's wrist with both hands. Pivot to the right, making a complete turn while bending **ATTACKER'S** arm. Step forward while keeping hold of arm, forcing partner to fall, and pin arm.