

ABK Black Belt Curriculum

White Belt



Life Skills: Patience
Forms: 22B
Kicking Combination: Front Kick
Equipment: Uniform
Physical Skills: Balance

Yellow Belt



Life Skills: Courtesy
Forms: Palgue 1
Kicking Combination: Round Kick
New Equipment: NA
Physical Skills: Flexibility

Yellow One Belt



Life Skills: Self-Control
Forms: Palgue 2
One Step Sparring: # 3
Kicking Combination: Side Kick
Self Defense: # 3 Headlock
New Equipment: Sparring Equipment
Physical Skills: Strength

Orange Belt



Life Skills: Manners
Forms: Palgue 3
One Step Sparring: # 4
Kicking Combination: Multi Kick
Self Defense: # 4 Rear Strangle
New Equipment: NA
Physical Skills: Speed

Green Belt



Life Skills: Self-Discipline
Forms: Palgue 4
One Step Sparring: # 5
Kicking Combination: Spin Kick
Self Defense: # 5 Rear Grab
New Equipment: NA
Physical Skills: Accuracy

Green One Belt



Life Skills: Respect
Forms: Staff
One Step Sparring: # 6
Kicking Combination: Flying Kick
Self Defense: # 6 Push Down
New Equipment: Staff
Physical Skills: Control

Purple Belt



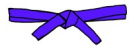
Life Skills: Honesty
Forms: Palgue 5
One Step Sparring: # 7
Kicking Combination: Crescent Kick
Self Defense: # 7 Choke from floor
New Equipment: NA
Physical Skills: Power

Purple One Belt



Life Skills: Self-Confidence
Forms: Palgue 6
One Step Sparring: # 8
Kicking Combination: Hook Kick
Self Defense: # 8 Sit and Trap
New Equipment: NA
Physical Skills: Agility

Blue Belt



Life Skills: Humility
Forms: Sai
One Step Sparring: # 9
Kicking Combination: Twist Kick
Self Defense: # 9 Leg Trap
New Equipment: NA
Physical Skills: Endurance

Brown Belt



Life Skills: Honor
Forms: Palgue 7
One Step Sparring: # 10
Kicking Combination: Axe Kick
Self Defense: # 10 Bear Hug
New Equipment: Sais
Physical Skills: Intuitive Reaction

Red Belt



Life Skills: Responsibility
Forms: Chung Mu
One Step Sparring: # 11
Kicking Combination: Wheel Kick
Self Defense: # 11 Hook Punch
New Equipment: NA
Physical Skills: Timing

Red / Black Belt



Life Skills: Perseverance
Forms: Kama
One Step Sparring: # 12
Kicking Combination: Wheel Kick
Self Defense: # 12 Wall Choke
Equipment: Uniform
Physical Skills: Gracefulness

Level 1 Black Belt Club Seminars 2017

Flips, Tricks and Acro	Date: January 14th, 2017	Info: An awesome seminar that introduces acrobatics, free-running, flips and tricks for any level!
Board Breaking	Date: April 15th, 2017	Info: An essential seminar for any martial artist. Learn the critical points and technique to be successful with breaking boards.
Nunchaku	Date: July 15th, 2017	Info: An awesome weapon that is equally fun to work with. Learn the single and double handed nunchaku!
Flips, Tricks and Acro	Date: October 14th, 2017	Info: An awesome seminar that introduces acrobatics, free-running, flips and tricks for any level!

All seminars are one hour in duration. Level 2 seminars will begin fifteen minutes after the Level 1 seminar ends. Prices may vary depending on attendance levels and equipment costs. Level 2 seminar prices will be on each seminar posting. Some seminars will have limited attendance levels.