

# 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



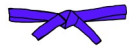
**Life Skills:** Honesty  
**Forms:** Palgue 5  
**One Step Sparring:** # 7  
**Kicking Combination:** Crescent Kick  
**Self Defense:** # 7 Choke from floor  
**New Equipment:** NA  
**Physical Skills:** Power

## 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 2018

<b>Flips, Tricks and Acro</b>	<b>Date:</b> <b>February 17th, 2018</b>	<b>Info:</b> <b>An awesome seminar that introduces acrobatics, free-running, flips and tricks for any level!</b>
<b>Board Breaking</b>	<b>Date:</b> <b>April 21st, 2018</b>	<b>Info:</b> <b>An essential seminar for any martial artist. Learn the critical points and technique to be successful with breaking boards.</b>
<b>Nunchaku</b>	<b>Date:</b> <b>July 14th, 2018</b>	<b>Info:</b> <b>An awesome weapon that is equally fun to work with. Learn the single and double handed nunchaku!</b>
<b>Flips, Tricks and Acro</b>	<b>Date:</b> <b>October 13th, 2018</b>	<b>Info:</b> <b>An awesome seminar that introduces acrobatics, free-running, flips and tricks for any level!</b>

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.