



The Path of a 1st Degree Black Belt Recommended (Red/Black)

Congratulations on attaining first-degree black belt recommended! We know you have worked very hard to achieve this prestigious level, and are excited to know “what comes next”. This document will help explain what you will learn as a black belt, as well as what it takes to earn your first-degree black belt decided. Please read this document carefully, and let us know if you have any questions. Remember, as Grand Master Soon Ho Lee says, “There is always more to learn!”

What do I learn now?

Form: You learn the traditional form named Chung Jung 2 (44 moves). This form is practiced every cycle. Students must learn all 46 moves in order to mid-term or test. The Form sheet is attached to this document. The ATA has created excellent training resources that help explain and demonstrate this difficult form. Please see the front desk if you are interested in accessing these awesome training tools.

Sparring: 1st Degree Black belt recommended will continue to progress in their sparring knowledge and application. At testing, black belt students will be tested on 2 rounds of sparring and will be judged on:

- Reading Opponent
- Defense
- Belt Level Appropriate Offense (Right leg round kick won’t cut it at black belt!)
- Timing
- Speed/Stamina
- Set up (fakes)

Self Defense: Black belts will learn rotating self-defense. This self defense will be similar to what was taught at color belt, but will take the attack to the next level. For



example, as a color belt, we learned how to defend against a front choke. As a black belt, you will learn how to defend a choke while on the ground.

Board Breaks: Students testing for black belt will demonstrate a back elbow strike and either a “run” (two steps max) jump side kick, or a step reverse side kick. Students will break wooden boards for their black belt testing. If you would like to practice with wooden boards, they can be purchased at the hardware store and are often called “common board” or “white pine”. The board planks should be 11 inches wide and are cut into either 7, 9, or 11 inch boards based off the size of the testing student. Please see Master Overby for information on what size board your student will be breaking.

How do I progress to 1st Degree Decided Black Belt?

There are also some unique expectations for black belt recommended students. These expectations are:

Stripes: Students at this level will earn nine colored stripes on their belt- one for each level of color belt (white, orange, yellow, etc). These stripes are earned for demonstrating all the techniques covered at that belt level. A full list of each stripe’s movements is attached to this document. Once a student earns all the 9 colored stripes, they will also receive a black stripe on the bottom of their belt, similar to the “basics” stipe you earned as a color belt.

Your second black stripe will be earned for doing a “midterm/practice testing”. This will be performed at formal testing, and will give you a chance to gauge “if today was my testing, where am I ready, and where do I need more work?”. There is no charge for this midterm. After a successful midterm, you will receive a second black stripe on your belt.

Your third black stripe is for completing your black belt notebook. If you have not started on your black belt notebook yet, PLEASE get going on this!



Students should still complete the cycle's "homework" sheet to receive their yellow "lifeskills" stripe the cycle they plan to test for black belt just as they have done for every testing to this point.

Testing Contract

For each black belt testing, there is a "testing contract" that students who intend participate must complete and turn in in advance of the testing. An example of this contract is attached at the end of this document. Please visit our website www.ThriveATA.com for the contract for your testing. Please notice that there are many steps that have to be completed well in advance of the test. No exceptions will be made for missed steps so please be certain to stay on top of this step! Finally, black belt testings are offered three times a year- April, August and December.

Black Belt Goal Setting and Opportunities

At Black Belt, you become a serious student of martial arts. You have completed a basic understanding of the techniques and now will push forward toward "mastery" of the martial arts. Students are HIGHLY encouraged to set a goal to 2nd degree, an instructor trainee, or a state champion during their time as a first-degree black belt. Students without goals do not stay students for long!

As a black belt, you know are eligible to compete for the title of World Champion, as well as to compete on Thrive Team Sparring teams! Please see your instructor to find out all the details for these great black belt opportunities!

We look forward to continuing your journey with you, and seeing you Thrive for many years to come!

Sincerely,

Thrive Martial Arts



Form: Chung Jung 2-

Please note, a video of this form can be found on our facebook page as well as our youtube channel!

#	Side	Technique	Stance	Target
1	R	Knifehand Square Block Tension	B	H
2	L	Knifehand Square Block Tension	B	H
3	L	Low Block	B	L
4	R	Reverse Punch	B	M
5	R	Low Block	B	L
6	L	Reverse Punch	B	M
7	L	#2 Round Kick	-	M/H
8	L	Side Kick	-	M/H
9	L	Double Inner Forearm Block	F	H
10	R	Reverse Upset Punch	F	M
11	R	Palm Heel Strike Ki-hap	B	H
12	L	Reverse Palm Heel Strike	B	H
13	L	#2 Front Kick	-	M/H
14	R	Horizontal Back Elbow	M	H
15	R	Knifehand Square Block	B	H
16	L	Double Outer Forearm Block	B	H
17	L	#3 Jump Round Kick	-	M/H
18	L	Double Outer Forearm Block	S	H
19	R	Double Knifehand Low Block	R	L
20	R	Upset Ridgehand Strike	M	M
21	L	Reverse Hook Kick Ki-Hap	-	M/H
22	R	Reverse Punch	B	M
23	L	Ridgehand Strike	B	H

24	R	#2 Round Kick	-	M/H
25	R	Side Kick	-	M/H
26	R	Double Inner Forearm Block	F	H
27	L	Reverse Upset Punch	F	M
28	L	Palm Heel Strike	B	H
29	R	Reverse Palm Heel Strike	B	H
30	R	#2 Front Kick	-	M/H
31	L	Horizontal Back Elbow Ki-Hap	M	H
32	L	Knifehand Square Block	B	H
33	R	Double Outer Forearm Block	B	H
34	R	#3 Jump Round Kick	-	M/H
35	R	Double Outer Forearm Block	S	H
36	L	Double Knifehand Low Block	R	L
37	L	Upset Ridgehand Strike	M	M
38	R	Reverse Hook Kick	-	M/H
39	L	Reverse Punch	B	M
40	R	Ridgehand Strike	B	H
41	B	X-Block	F	L
42	R	#2 Front Kick	-	M/H
43	B	Knifehand X-Block	F	H
44	B	X-Block	F	L
45	L	#2 Front Kick	-	M/H
46	B	Knifehand X-Block	F	H



Colored Stripes Technique List

White Stripe-

High Block	#1-#4 Front Kick
Low Block	#1-#4 Side Kick
Inner Forearm Block	Knife hand Strike

Orange Stripe-

Double Outer Forearm Block	#1-#4 Round Kick
Outer Forearm Block	Back Fist Strike
Twin Low Block	

Yellow Stripe-

Double Knifehand Block	#1-#4 Jump Front Kick
Knifehand High Block	Knifehand Low Block
Speer Hand Strike	

Camo Stripe-

Reverse Side Kick	Step Reverse Side Kick
Sparring Stance	Twin Inner Forearm Block
Inner Crescent Kick	Outer Crescent Kick



Green Stripe-

Twin Outer Forearm Block

Spin Crescent Kick

Ridegehand Strike

Step Spin Crescent Kick

Purple Stripe-

Horizontal Elbow Strike

Repeat Round Kick

High/Low Block

Hook Kick

Back Elbow Strike

Front Kick/Round Kick Combo

Square Block

Blue Stripe-

X Block

Upward Elbow Strike

Hook Kick/Round Kick Combo

Twin Upset Punch

Ridge hand Block

Knife hand Square Block

Brown Stripe-

Upset Palm Block

Front Kick/Round Kick Combo

Step Together Jump Side Kick

Knife hand Side/High Low Block

Upset Knife hand Strike

Jump Outer Crescent Kick

Red Stripe-

Knifehand Square Block

Reverse Hook Kick

Round Kick/Side Kick Combo

Jump Hook Kick



Example Black Belt Contract

www. ThriveATA.com - Click Sign in, the password is "thrive" Go to downloads, and then black belt testing documents, and then click Black Belt Testing Contract

Black Belt Testing Contract

Student's Name _____ Rank Testing For _____

I understand the following details related to Black Belt Testing on April 20th 2024. I understand that if ANY of the required "to do's" are not completed by the deadline, I will not be allowed to rank test at this testing. I understand there will be absolutely NO EXCEPTIONS! **This form is due April 1st 2024 by 8:30 pm. (Signature Required at end of document).** Students shall initial next to each requirement to signify they understand, NOT that they are completed yet!

Pre- Testing Requirements and Details for April 20th 2024 Testing

- Completed contract (this document) by Monday April 1st at 8:30 pm _____
- Black Belt Notebook (1st Degree Testers) -or- Black Belt Project (2nd Degree and higher) is due April 1st by 3:30pm _____
- (1st Degree Testers) - All Colored Stripes on Belt Due- April 10th 8:30pm _____
- Red Stripe Homework Paper/ Permission to Test Completion Date- April 10th _____
- Approved Black Belt Private Lesson with Instructor Signature- Due April 10th _____
- To set myself up for success, I should be attending class 2-3 times per week! _____
- Testing Costs for 2021 (Includes 1 30 minute private lesson)
- 1st Degree Black Belt- \$175, 2nd Degree Black Belt 249, 3rd Degree \$375 _____

Day of Testing Requirements and Details for April 20th Testing

- Mandatory Black Belt Workout **Friday April 19th at 6pm**- I understand if I cannot complete the workout, I will not be allowed to finish testing. Yes, the running is hard, start training NOW! _____
- Belt Testing Times- 12:30 pm Testing, Belt Ceremony est. 1:30/2:00pm? _____
- Black Belt Ceremony (Includes a gift for a loved one!) _____

Student Signature _____ Parent Signature _____