

# MARTIAL ARTS USA

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## RECOMMENDED BLACK BELT

### Dragons and Teen/Adult REQUIREMENTS

#### FORMS:

#### ALL AND BASAI:

1. Step back with right foot into back stance (dynamic contraction), middle Soto block with left hand.
2. Step up with right foot bringing feet together, keeping knees bent, while putting left hand over right fist. (Simultaneously) straighten up while bringing hands down in front of stomach.
3. Turn (pivot) 90 degrees left fall to right "stomp" with left foot behind right and back fist with right hand while holding left hand next to fist.
4. Turn 180 degrees by moving left foot forward, front stance, "in-to-out" middle block with left hand, then "out-to-in" middle block with right hand
5. Turn 180 degrees by moving right foot over to front stance, "out-to-in" middle block with left hand, then "in-to-out" middle block with right hand
6. Turn right 90 degrees by bringing right knee up while blocking down with right hand
7. Step forward with right foot to front stance, "out-to-in" middle block with right hand, then "in-to-out" middle block with left hand
8. Turn left 90 degrees by moving right foot up to horse stance, and "set"
9. Soto to neck with left hand, punch to chest with right hand, then back fist with right hand.
10. Punch to chest with left hand, then back fist with left hand
11. Punch to chest with right hand, and then punch to chest with left hand.
12. Step forward with left foot, then right foot, back stance, double middle Soto block
13. step forward, back stance, double middle Soto block, step forward, back stance, double middle Soto block, then step back with right foot, back stance, double middle Soto block, to yuk Soo with right hand, while shifting to front stance
14. side kick to chin with right leg "Ki Yup"
15. Turn 180 degrees, back stance, double middle Soto block
16. Step forward, back stance double middle Soto block, step back bringing right foot back, (feet together) "break" choke hold
17. Step forward right foot front stance "simultaneous" low punches with both hands
18. Step forward 2 times in front stance and punch to chest with right hand, "KI YUP"
19. Turn left 180 degrees, crescent kick with right foot, step into horse stance and low block with right hand
20. Turn left 180 degrees Soto to neck with left hand in horse stance, crescent kick with right foot, step in horse stance and elbow strike with right elbow
21. Punch down with right hand 2 times then turn right 90 degrees by moving right foot over, front stance
22. "Set", then "U" punch with both hands
23. Draw right foot back, bringing feet together "set", crescent kick with left foot, stepping forward into front stance, "U" punch with both hands

24. Draw left foot back, bring feet together “set” crescent kick with right foot stepping into front stance, “U” punch with both hands
25. Move left foot behind, turning 270 degrees into a lunging stance and back fist down with right hand, alternate to opposite side and back fist with left hand
26. Step forward with left foot first then with right foot into back stance, double middle Soto block
27. Draw right foot back and then turn right 90 degrees to back stance, double middle Soto block
28. Turn left 90 degrees by moving right foot first to then left foot forward into back stance, double middle Soto block, “KI YUP”
29. Draw left foot back, keeping knees bent, while putting the left hand over the right fist, (simultaneously) straighten up while bringing hands down in front of stomach
30. Return to JUN-BI

**ONE STEPS:**

All and creative 5

**SELF DEFENSE:**

All

**KICKS:**

All

**TERMINOLOGY:**

ALL