



**Deputy Black**  
**(Minimum 45 classes)**

**Form:** **HWA-RANG** (29 moves) is named after the Hwa-Rang youth group which originated in the Silla Dynasty. This group eventually became the driving force for the unification of the three kingdoms of Korea. (Right Foot Returns)

- Combos:**
1. Back Leg Roundhouse Kick, Tornado Roundhouse Kick, Spin Hook Kick, Back Punch, Front Ridgehand
  2. Foot-To-Foot Sidekick / Hook Kick, Spin Hawkeye Kick, Switch, Shuffle, Front Punch, Back Punch
  3. Spin Hook Kick / Roundhouse Kick, Jump Spin Sidekick, Jump Spin Sidekick, Switch, Front Punch, Back Punch
  4. Foot-To-Foot Outside Axe Kick, Switch, Shuffle Front Punch, Step Across Front Punch, 2-Step Jump Sidekick, Back Ridgehand

**Muscles of the Body:** Diagram is in the information rack.

**Sparring:** Point Sparring

**Physical Conditioning:** Knuckle Push-ups on boards  
12" Leg Lock-out (1 minute)  
Suspended Crunch (1 minute)  
Suspended "V" (1 minute)

**Character & Attitude:** Are you prepared to spend a GREAT amount of time practicing for BLACK BELT?

**Breaking:** 1. Speed Knifehand 2. Jump Spin Sidekick