



Yellow Belt-8th Kup



PUNCHES/ STRIKES:

- Reverse punch
- Palm Heel Strike
- Tiger Claw
- Tiger Mouth
- Knife Hand

SELF DEFENSE:

- Punch defenses (3)

BLOCKS:

- Inside Middle
- Outside Middle
- Low Inside
- Low Outside
- 45 Degree Block
- High Block

FALLING:

- Landing positions
- Back Fall
- Side Fall
- Forward Roll

KICKS:

- Knee Kick
- Front Kick
- Inside/Outside Crescents
- Half Moon
- Roundhouse
- Back Kick
- Side Kick

BODY MOVEMENT WITH BLOCKS:

FRONT/BACK	High Block
SIDE-TO-SIDE	Outside Middle Block
SLIDE-BACK-45	Outside Middle Block
INSIDE PIVOT	45 Degree Touch Block-Inside Middle Block
BACK PIVOT	Low Inside Block
X-STEP AND TURN	Inside Middle Block
BACK SPIN	Sweeping Outside Block
BACK STEP	Low Outside Block

ATTACKS FROM FRONT:

- Arms pinned
- Arms free
- Hand choke

ATTACKS FROM REAR:

- Arms pinned
- Arms free
- Arm choke



Orange Belt-7th Kup



PUNCHES/ STRIKES:

- Reverse punch
- Palm Heel Strike
- Tiger Claw
- Tiger Mouth
- Knife Hand
- Moving punch
- Vertical Punch
- Hammer Fist
- Upper Cut
- Back Fist
- Ridge Hand
- Side Knife Hand
- Elbow Strikes

SELF DEFENSE:

- Punch Defenses (5)

BLOCKS:

- Inside Middle
- Outside Middle
- Low Inside
- Low Outside
- 45 Degree Block
- High Block

FALLING:

- Landing positions
- Back Fall
- Side Fall
- Forward Roll
- Moving Back Fall
- Front Fall-short
- Front Fall-long
- Ground Fighting
- Forward Roll Turning

KICKS:

- Knee Kick
- Front Kick
- Inside/Outside Crescents
- Half Moon
- Roundhouse
- Side Kick
- Shin Kicks (Front and Rear)
- Sliding Front
- Sliding Roundhouse
- Sliding Side
- Moving Front
- Moving Side
- Moving Roundhouse
- Back Side

BODY MOVEMENT WITH BLOCKS AND STRIKES:

FRONT/BACK
SIDE-TO-SIDE
SLIDE-BACK-45
INSIDE PIVOT
BACK PIVOT
X-STEP AND TURN
BACK SPIN
BACK STEP

High Block
Outside Middle Block
Outside Middle Block
45 Degree Block
Low Inside Block
Inside Middle
Sweeping Outside Block
Low Outside Block

Palm Heel Strike
Reverse Punch
Elbow strikes
Knife hand
Ridge hand
Upper Cut
Back Fist
Hammer Fist

ATTACKS FROM FRONT:

- Arms pinned
- Arms free
- Hand choke
- Lapel grab
- Grab & punch

ATTACKS FROM REAR:

- Arms pinned
- Arms free
- Arm choke
- One arm free, one arm pinned
- Arms locked



Orange Belt-7th Kup Continued



HAND TECHNIQUES:

- MilGi-pushing (5)
- JobGi-regrabs (5)
- KeukGi-joint locks (3)
- DungeeGi-throwing (3)



Green Belt-6th Kup



Note To hold rank of Green belt and above you must be a paid and current member of the USHF.

PUNCHES/ STRIKES:

- Reverse punch
- Palm Heel Strike
- Tiger Claw
- Tiger Mouth
- Knife Hand
- Moving punch
- Vertical Punch
- Hammer Fist
- Upper Cut
- Back Fist
- Ridge Hand
- Side Knife Hand
- Elbow Strikes

SELF DEFENSE:

- Punch Defenses (8)
- Kick Defenses (3)

BLOCKS:

- Inside Middle
- Outside Middle
- Low Inside
- Low Outside
- 45 Degree Block
- High

FALLING:

- Landing positions
- Back Fall
- Side Fall
- Forward Roll
- Moving Back Fall
- Front Fall-short
- Front Fall-long
- Ground Fighting
- Forward Roll Turning
- Back Roll
- Forward Roll-Pushed

KICKS:

- Knee Kick
- Front Kick
- Inside/Outside Crescents
- Half Moon
- Roundhouse
- Side Kick
- Shin Kicks (Front and Rear)
- Sliding Front
- Sliding Roundhouse
- Sliding Side
- Moving Front
- Moving Side
- Moving Roundhouse
- Back Side
- Back Crescent
- Back Spin
- Drop Back Side
- Jump Front
- Kick-Sliding Kicks

BODY MOVEMENT WITH BLOCKS AND STRIKES:

FRONT/BACK

SIDE-TO-SIDE

SLIDE-BACK-45

INSIDE PIVOT

BACK PIVOT

X-STEP AND TURN

BACK SPIN

BACK STEP

High Block

Outside Middle Block

Outside Middle Block

45 Degree Block

Low Inside Block

Inside Touch

Sweeping Outside Block

Low Outside Block

Sliding Front

Side Kick

Half Moon (Front Leg)

Half Moon (Back Leg)

Round House

Back Side

Reverse punch/Knee combo

Low Back Spin

ATTACKS FROM FRONT:

- Arms pinned
- Arms free
- Hand choke
- Lapel grab
- Grab & punch
- Shoulder Grab
- Head Lock (Front)

ATTACKS FROM REAR:

- Arms pinned
- Arms free
- Arm choke
- One arm free, one arm pinned
- Arms locked
- Shoulder Grab
- Full Nelson



Green Belt-6th Kup Continued



Note To hold rank of Green belt and above you must be a paid and current member of the USHF.

HAND TECHNIQUES:

- MilGi-Same Hand, Cross Grip, and Switching Hand(10)
- JobGi-Same Hand, Cross Grip, and Switching Hand (10)
- KeukGi-Same Hand, Cross Grip, and Switching Hand (8)
- DungeeGi-Same Hand, Cross Grip, and Switching Hand (8)



Purple Belt-5th Kup



Note To hold rank of Green belt and above you must be a paid and current member of the USHF.

PUNCHES/ STRIKES:

- Reverse punch
- Palm Heel Strike
- Tiger Claw
- Tiger Mouth
- Knife Hand
- Moving punch
- Vertical Punch
- Hammer Fist
- Upper Cut
- Back Fist
- Ridge Hand
- Side Knife Hand
- Elbow Strikes

SELF DEFENSE:

- Punch Defenses (8)
- Kick Defenses (3)

BODY MOVEMENT WITH BATON:

FRONT/BACK
FRONT/BACK
SIDE-TO-SIDE
SIDE-TO-SIDE
SLIDE-BACK-45
INSIDE PIVOT
BACK PIVOT
X-STEP AND TURN
BACK SPIN
BACK STEP

BLOCKS:

- Inside Middle
- Outside Middle
- Low Inside
- Low Outside
- 45 Degree Block
- High Block

FALLING:

- Landing positions
- Back Fall
- Side Fall
- Forward Roll
- Moving Back Fall
- Front Fall-short
- Front Fall-long
- Ground Fighting
- Forward Roll Turning
- Back Roll
- Forward Roll-Pushed

High and Low Box Block
Vertical Strike/Low Blocks
Outside Box Block
Outside Swing Block
Cross Draw Strike
Side Box Block-Strike
Around the Head Strike
Cross Draw Strike
Thrusting Strike
Behind the Back Strike

KICKS:

- Knee Kick
- Front Kick
- Inside/Outside Crescents
- Half Moon
- Roundhouse
- Side Kick
- Shin Kicks (Front and Rear)
- Sliding Front
- Sliding Roundhouse
- Sliding Side
- Moving Front
- Moving Side
- Moving Roundhouse
- Back Side
- Back Crescent
- Back Spin
- Drop Back Side
- Jump Front
- Kick-Sliding Kicks
- Drop Back Spin
- Jump Front 45
- Jump Roundhouse 45
- Side Back Side
- Side Back Spin

WEAPON DEMONSTRATION :

- Random with Baton



Purple Belt-5th Kup Continued



Note To hold rank of Green belt and above you must be a paid and current member of the USHF.

ATTACKS FROM FRONT:

- Arms pinned
- Arms free
- Hand choke
- Lapel grab
- Grab & punch
- Shoulder Grab
- Head Lock (Front)
- Cross Shoulder Grab
- Hair Pull

ATTACKS FROM REAR:

- Arms pinned
- Arms free
- Arm choke
- One arm free, one arm pinned
- Arms locked
- Shoulder Grab
- Full Nelson
- Elbow Grab
- Hair Pull

HAND TECHNIQUES:

- MilGi-Same Hand, Cross Grip, and Switching Hand(10)
- JobGi-Same Hand, Cross Grip, and Switching Hand (10)
- KeukGi-Same Hand, Cross Grip, and Switching Hand (10)
- DungeeGi-Same Hand, Cross Grip, and Switching Hand (10)
- Grab and Lock (5)
- Grab and Throw (5)



Blue Belt-4th Kup



Note To hold rank of Green belt and above you must be a paid and current member of the USHF.

PUNCHES/STRIKES:

- Reverse punch
- Palm Heel Strike
- Tiger Claw
- Tiger Mouth
- Knife Hand
- Moving punch
- Vertical Punch
- Hammer Fist
- Upper Cut
- Back Fist
- Ridge Hand
- Side Knife Hand
- Elbow Strikes

SELF DEFENSE:

- Punch Defenses (10)
 - Lead Punch (5)
 - Reverse Punch (5)
- Kick Defenses (8)

WEAPON DEMONSTRATION :

- Random with Cane

BLOCKS:

- Inside Middle
- Outside Middle
- Low Inside
- Low Outside
- 45 Degree
- High Block

FALLING:

- Landing positions
- Back Fall
- Side Fall
- Forward Roll
- Moving Back Fall
- Front Fall-short
- Front Fall-long
- Ground Fighting
- Forward Roll Turning
- Back Roll
- Forward Roll-Pushed
- Back Roll-Pushed
- Forward Roll over Obstacle

KICKS:

- Knee Kick
- Front Kick
- Inside/Outside Crescents
- Half Moon
- Roundhouse
- Side Kick
- Shin Kicks
- Sliding Front
- Sliding Roundhouse
- Sliding Side
- Moving Front
- Moving Side
- Moving Roundhouse
- Back Side
- Back Crescent
- Back Spin
- Drop Back Side
- Jump Front
- Kick-Sliding Kicks (Front, Side, Roundhouse)
- Drop Back Spin
- Jump Front 45
- Jump Roundhouse
- Side Kick-Back Side
- Side Kick-Back Spin
- Inside Twist
- Back Spin w/Hook
- Jump Roundhouse 45
- Jump Side 45
- Jump Front, Roundhouse, and Side Kick from front and Back Legs
- Front-Sliding-Front
- Roundhouse-Sliding Roundhouse
- Side Kick-Sliding Side
- Inside-Sliding Outside Crescent
- Roundhouse-Low Back Spin



Blue Belt-4th Kup Continued



Note To hold rank of Green belt and above you must be a paid and current member of the USHF.

BODY MOVEMENT WITH CANE:

FRONT/BACK	High and Low Box Block
FRONT/BACK	High and Low Swing Blocks
SIDE-TO-SIDE	Side Box Block
SIDE-TO-SIDE	Outside Swing Block
SLIDE-BACK-45	Vertical Strike
INSIDE PIVOT	Side Box Block-Arm Hook-Thrust
BACK PIVOT	High Horizontal Strike-Knee Hook
X-STEP AND TURN	Behind the Back Strike
BACK SPIN	Low Thrust-Head Hook
BACK STEP	High Thrust-Groin Hook

ATTACKS FROM FRONT:

- Arms pinned
- Arms free
- Hand choke
- Lapel grab
- Grab & punch
- Shoulder Grab
- Head Lock (Front)
- Cross Shoulder Grab
- Hair Pull
- Cross Shoulder Grab
- Cross Lapel Grab
- Waist Tackle

ATTACKS FROM REAR:

- Arms pinned
- Arms free
- Arm choke
- One arm free, one arm pinned
- Arms locked
- Shoulder Grab
- Full Nelson
- Elbow Grab
- Hair Pull
- Cross Elbow Grab
- Cross Shoulder Grab

HAND TECHNIQUES:

- MilGi-Cross-grip (10) **AND** Two-on-One (10) **AND** Double Hand Grip (10)
- JobGi-Cross-grip (10) **AND** Two-on-One (10) **AND** Double Hand Grip (10)
- KeukGi(10) **AND** Two-on-One (10) **AND** Double Hand Grip (10)
- DungeeGi (10) **AND** Two-on-One (10) **AND** Double Hand Grip (10)
- Grab and Lock (6)
- Grab and Throw (6)
- Come Alongs (3)



Brown Belt-3rd Kup



***Note* To hold rank of Green belt and above you must be a paid and current member of the USHF.**

PUNCHES/STRIKES:

- Reverse punch
- Palm Heel Strike
- Tiger Claw
- Tiger Mouth
- Knife Hand
- Moving punch
- Vertical Punch
- Hammer Fist
- Upper Cut
- Back Fist
- Ridge Hand
- Side Knife Hand
- Elbow Strikes

SELF DEFENSE:

- Punch Defenses (15)
 - 5 Lead Punch
 - 5 Reverse Punch
 - 5 Hook Punch
- Kick Defenses (10)

WEAPON DEMONSTRATION :

- Judge's Discretion
- Double Baton Demonstration

DEFENSE AGAINST WEAPONS:

- Club (5)
- Knife (3)
- Gun (3)

BLOCKS:

- Inside Middle
- Outside Middle
- Low Inside
- Low Outside
- 45 Degree Block
- High Block

FALLING:

- Landing positions
- Back Fall
- Side Fall
- Forward Roll
- Moving Back Fall
- Front Fall-short
- Front Fall-long
- Ground Fighting
- Forward Roll Turning
- Back Roll
- Forward Roll-Pushed
- Back Roll-Pushed
- Forward Roll over Obstacle
- Side Roll Out
- Eight Directional Roll

KICKS:

- Knee Kick
- Front Kick
- Inside/Outside Crescents
- Half Moon
- Roundhouse
- Side Kick
- Shin Kicks (Front and Rear)
- Sliding Front
- Sliding Roundhouse
- Sliding Side
- Moving Front
- Moving Side
- Moving Roundhouse
- Back Side
- Back Crescent
- Back Spin
- Drop Back Side
- Jump Front
- Kick-Sliding Kicks (Front, Side, Roundhouse)
- Drop Back Spin
- Jump Front 45
- Jump Roundhouse
- Side Kick-Back Side
- Side Kick-Back Spin
- Inside Twist
- Back Spin w/Hook
- Jump Roundhouse 45
- Jump Side 45
- Jump Front, Roundhouse, and Side Kick from front and Back Legs
- Front-Sliding-Front
- Roundhouse-Sliding Roundhouse
- Side Kick-Sliding Side
- Inside-Sliding Outside Crescent
- Roundhouse-Low Back Spin
- Thunder Kick
- Double Front (feet together and feet apart)



Brown Belt-3rd Kup Continued



***Note* To hold rank of Green belt and above you must be a paid and current member of the USHF.**

BODY MOVEMENT DRILL:

*****Judge's discretion; be prepared to demonstrate all prior Body Movement Drills and any combination of the drill's components.*****

ATTACKS FROM FRONT:

- Arms pinned
- Arms free
- Hand choke
- Lapel grab
- Grab & punch
- Shoulder Grab
- Head Lock (Front)
- Cross Shoulder Grab
- Hair Pull
- Cross Shoulder Grab
- Cross Lapel Grab
- Waist Tackle
- Double Lapel Grab
- Head Lock (Side)

ATTACKS FROM REAR:

- Arms pinned
- Arms free
- Arm choke
- One arm free, one arm pinned
- Arms locked
- Shoulder Grab
- Full Nelson
- Elbow Grab
- Hair Pull
- Cross Elbow Grab
- Cross Shoulder Grab
- Double Elbow Grab
- Double Shoulder Grab
- Double Wrist Grab

HAND TECHNIQUES:

- MilGi Cross-grip (10) **AND** Two-on-One (10) **AND** Double Hand Grip (10)
- JobGi-Cross-grip (10) **AND** Two-on-One (10) **AND** Double Hand Grip (10)
- KeukGi(10) **AND** Two-on-One (10) **AND** Double Hand Grip (10)
- DungeeGi (10) **AND** Two-on-One (10) **AND** Double Hand Grip (10)
- Soulder Grab (5)
- Elbow Grab (5)
- Grab and Lock (8)
- Grab and Throw (8)
- Come Alongs (5)



Red Belt-2nd Kup



Note To hold rank of Green belt and above you must be a paid and current member of the USHF.

PUNCHES/STRIKES:

- Reverse punch
- Palm Heel Strike
- Tiger Claw
- Tiger Mouth
- Knife Hand
- Moving punch
- Vertical Punch
- Hammer Fist
- Upper Cut
- Back Fist
- Ridge Hand
- Side Knife Hand
- Elbow Strikes

SELF DEFENSE:

- Punch Defenses (24)
 - Lead Punch (8)
 - Reverse Punch (8)
 - Hook Punch (8)
- Kick Defenses (10)

WEAPON DEMONSTRATION :

- Judge's Discretion

DEFENSE AGAINST WEAPONS:

- Club (5)
- Knife (5)
- Gun (5)

ADDITIONAL DEFENSE:

- Ground Grappling (6)
 - Arms Free (2)
 - Arms Pinned (2)
 - Choking (2)

BLOCKS:

- Inside Middle
- Outside Middle
- Low Inside
- Low Outside
- 45 Degree Block
- High Block

FALLING:

- Landing positions
- Back Fall
- Side Fall
- Forward Roll
- Moving Back Fall
- Front Fall-short
- Front Fall-long
- Ground Fighting
- Forward Roll Turning
- Back Roll
- Forward Roll-Pushed
- Back Roll-Pushed
- Forward Roll over Obstacle
- Side Roll Out
- Eight Directional Roll
- Front Fall with a Short Dive

KICKS:

- Knee Kick
- Front Kick
- Inside/Outside Crescents
- Half Moon
- Roundhouse
- Side Kick
- Shin Kicks
- Sliding Front
- Sliding Roundhouse
- Sliding Side
- Moving Front
- Moving Side
- Moving Roundhouse
- Back Side
- Back Crescent
- Back Spin
- Drop Back Side
- Jump Front
- Kick-Sliding Kicks (Front, Side, Roundhouse)
- Drop Back Spin
- Jump Front 45
- Jump Roundhouse
- Side Kick-Back Side
- Side Kick-Back Spin
- Inside Twist
- Back Spin w/Hook
- Jump Roundhouse 45
- Jump Side 45
- Jump Front, Roundhouse, and Side Kick from front and Back Legs
- Front-Sliding-Front
- Roundhouse-Sliding Roundhouse
- Side Kick-Sliding Side
- Inside-Sliding Outside Crescent
- Roundhouse-Low Back Spin
- Thunder Kick
- Double Front (feet together and feet apart)
- Jump Back Side
- Jump Back Spin
- Jump Back Crescent



Red Belt-2nd Kup Continued



Note To hold rank of Green belt and above you must be a paid and current member of the USHF.

BODY MOVEMENT DRILL:

*****Judge's discretion; be prepared to demonstrate all prior Body Movement Drills and any combination of the drill's components.*****

ATTACKS FROM FRONT:

- Arms pinned
- Arms free
- Hand choke
- Lapel grab
- Grab & punch
- Shoulder Grab
- Head Lock (Front)
- Cross Shoulder Grab
- Hair Pull
- Cross Shoulder Grab
- Cross Lapel Grab
- Waist Tackle
- Double Lapel Grab
- Head Lock (Side)
- Sleeve Grab
- Cross Sleeve Grab
- Double Sleeve Grab
- Elbow Grab
- Cross Elbow Grab

ATTACKS FROM REAR:

- Arms pinned
- Arms free
- Arm choke
- One arm free, one arm pinned
- Arms locked
- Shoulder Grab
- Full Nelson
- Elbow Grab
- Hair Pull
- Cross Elbow Grab
- Cross Shoulder Grab
- Double Elbow Grab
- Double Shoulder Grab
- Double Wrist Grab
- Sleeve Grab
- Cross Sleeve Grab
- Double Sleeve Grab

HAND TECHNIQUES:

- MilGi (13) Random
- JobGi (13) Random
- KeukGi (13) Random
- DungeeGi (13) Random
- Random (8)
- Specialized (8)
- Grab and Lock (10)
- Grab and Throw (10)
- Come Alongs (8)

SPECIAL:

- Pressure Points (3)
- Limited Teaching
- Breaking (Judge's Discretion)
- Outline of Kunja Paper
 - (Submitted 14 days before day of test via email and one hard copy should be brought to the test.)



Temporary Black Belt-1st Kup



Note To hold rank of Green belt and above you must be a paid and current member of the USHF.

PUNCHES/STRIKES:

- Reverse punch
- Palm Heel Strike
- Tiger Claw
- Tiger Mouth
- Knife Hand
- Moving punch
- Vertical Punch
- Hammer Fist
- Upper Cut
- Back Fist
- Ridge Hand
- Side Knife Hand
- Elbow Strikes

SELF DEFENSE:

- Punch Defenses (10)
 - Random
- Kick Defenses (10)
 - Random

WEAPON DEMONSTRATION :

- Judge's Discretion

DEFENSE AGAINST WEAPONS:

- Club (8)
- Knife (8)
- Gun (8)

ADDITIONAL DEFENSE:

- Ground Grappling (8)
 - Arms Free (2)
 - Arms Pinned (2)
 - Choking (2)
 - Knocked Down (2)

BLOCKS:

- Inside Middle
- Outside Middle
- Low Inside
- Low Outside
- 45 Degree Block
- High Block

FALLING:

- Landing positions
- Back Fall
- Side Fall
- Forward Roll
- Moving Back Fall
- Front Fall-short
- Front Fall-long
- Ground Fighting
- Forward Roll Turning
- Back Roll
- Forward Roll-Pushed
- Back Roll-Pushed
- Forward Roll over Obstacle
- Side Roll Out
- Eight Directional Roll
- Front Fall with a Short Dive
- Front Fall with a Long Dive

KICKS:

- Knee Kick
- Front Kick
- Inside/Outside Crescents
- Half Moon
- Roundhouse
- Side Kick
- Shin Kicks
- Sliding Front
- Sliding Roundhouse
- Sliding Side
- Moving Front
- Moving Side
- Moving Roundhouse
- Back Side
- Back Crescent
- Back Spin
- Drop Back Side
- Jump Front
- Kick-Sliding Kicks (Front, Side, Roundhouse)
- Drop Back Spin
- Jump Front 45
- Jump Roundhouse
- Side Kick-Back Side
- Side Kick-Back Spin
- Inside Twist
- Back Spin w/Hook
- Jump Roundhouse 45
- Jump Side 45
- Jump Front, Roundhouse, and Side Kick from front and Back Legs
- Front-Sliding-Front
- Roundhouse-Sliding Roundhouse
- Side Kick-Sliding Side
- Inside-Sliding Outside Crescent
- Roundhouse-Low Back Spin
- Thunder Kick
- Double Front (feet together and feet apart)
- Jump Back Side
- Jump Back Spin
- Jump Back Crescent
- Flying Side



Temporary Black Belt-1st Kup Continued



Note To hold rank of Green belt and above you must be a paid and current member of the USHF.



BODY MOVEMENT DRILL:

*****Judge's discretion; be prepared to demonstrate all prior Body Movement Drills and any combination of the drill's components.*****

ATTACKS FROM FRONT:

- Arms pinned
- Arms free
- Hand choke
- Lapel grab
- Grab & punch
- Shoulder Grab
- Head Lock (Front)
- Cross Shoulder Grab
- Hair Pull
- Cross Shoulder Grab
- Cross Lapel Grab
- Waist Tackle
- Double Lapel Grab
- Head Lock (Side)
- Sleeve Grab
- Cross Sleeve Grab
- Double Sleeve Grab
- Elbow Grab
- Cross Elbow Grab

ATTACKS FROM REAR:

- Arms pinned
- Arms free
- Arm choke
- One arm free, one arm pinned
- Arms locked
- Shoulder Grab
- Full Nelson
- Elbow Grab
- Hair Pull
- Cross Elbow Grab
- Cross Shoulder Grab
- Double Elbow Grab
- Double Shoulder Grab
- Double Wrist Grab
- Sleeve Grab
- Cross Sleeve Grab
- Double Sleeve Grab

HAND TECHNIQUES:

- MilGi (15) Random
- JobGi (15) Random
- KeukGi (15) Random
- DungeeGi (15) Random
- Random (10)
- Two Specialized (5 each)
- Grab and Lock (12)
- Grab and Throw (12)
- Come Alongs (10)
- Joint Lock Defenses (3)
- Passive Restraint (3)
- Leg Throw (3)

SPECIAL:

- Pressure Points (5)
- Demonstrated Teaching
- Breaking (Judge's Discretion)
- Rough Draft of Kunja Paper: 10-40 Pages
 - (Submitted 14 days before day of test via email and one hard copy should be brought to the test.)



Black Belt-1st Dan



Note To hold rank of Green belt and above you must be a paid and current member of the USHF.

PUNCHES/STRIKES:

- Reverse punch
- Palm Heel Strike
- Tiger Claw
- Tiger Mouth
- Knife Hand
- Moving punch
- Vertical Punch
- Hammer Fist
- Upper Cut
- Back Fist
- Ridge Hand
- Side Knife Hand
- Elbow Strikes

SELF DEFENSE:

- Punch Defenses (15)
 - Random
- Kick Defenses (15)
 - Random

WEAPON DEMONSTRATION :

- Judge's Discretion

DEFENSE AGAINST WEAPONS:

- Club (10)
- Knife (10)
- Gun (10)

ADDITIONAL DEFENSE:

- Ground Grappling (12)
 - Arms Free (3)
 - Arms Pinned (3)
 - Choking (3)
 - Knocked Down (3)

BLOCKS:

- Inside Middle
- Outside Middle
- Low Inside
- Low Outside
- 45 Degree Block
- High Block

FALLING:

- Landing positions
- Back Fall
- Side Fall
- Forward Roll
- Moving Back Fall
- Front Fall-short
- Front Fall-long
- Ground Fighting
- Forward Roll Turning
- Back Roll
- Forward Roll-Pushed
- Back Roll-Pushed
- Forward Roll over Obstacle
- Side Roll Out
- Eight Directional Roll
- Front Fall with a Short Dive
- Front Fall with a Long Dive

KICKS:

- Knee Kick
- Front Kick
- Inside/Outside Crescents
- Half Moon
- Roundhouse
- Side Kick
- Shin Kicks
- Sliding Front
- Sliding Roundhouse
- Sliding Side
- Moving Front
- Moving Side
- Moving Roundhouse
- Back Side
- Back Crescent
- Back Spin
- Drop Back Side
- Jump Front
- Kick-Sliding Kicks (Front, Side, Roundhouse)
- Drop Back Spin
- Jump Front 45
- Jump Roundhouse
- Side Kick-Back Side
- Side Kick-Back Spin
- Inside Twist
- Back Spin w/Hook
- Jump Roundhouse 45
- Jump Side 45
- Jump Front, Roundhouse, and Side Kick from front and Back Legs
- Front-Sliding-Front
- Roundhouse-Sliding Roundhouse
- Side Kick-Sliding Side
- Inside-Sliding Outside Crescent
- Roundhouse-Low Back Spin
- Thunder Kick
- Double Front (feet together and feet apart)
- Jump Back Side
- Jump Back Spin
- Jump Back Crescent
- Flying Side



Black Belt-1st Dan Continued



***Note* To hold rank of Green belt and above you must be a paid and current member of the USHF.**

BODY MOVEMENT DRILL:

*****Judge's discretion; be prepared to demonstrate all prior Body Movement Drills and any combination of the drill's components.*****

ATTACKS FROM FRONT:

- Arms pinned
- Arms free
- Hand choke
- Lapel grab
- Grab & punch
- Shoulder Grab
- Head Lock (Front)
- Cross Shoulder Grab
- Hair Pull
- Cross Shoulder Grab
- Cross Lapel Grab
- Waist Tackle
- Double Lapel Grab
- Head Lock (Side)
- Sleeve Grab
- Cross Sleeve Grab
- Double Sleeve Grab
- Elbow Grab
- Cross Elbow Grab

ATTACKS FROM REAR:

- Arms pinned
- Arms free
- Arm choke
- One arm free, one arm pinned
- Arms locked
- Shoulder Grab
- Full Nelson
- Elbow Grab
- Hair Pull
- Cross Elbow Grab
- Cross Shoulder Grab
- Double Elbow Grab
- Double Shoulder Grab
- Double Wrist Grab
- Sleeve Grab
- Cross Sleeve Grab
- Double Sleeve Grab

HAND TECHNIQUES:

- MilGi (15) Random
- JobGi (15) Random
- KeukGi (15) Random
- DungeeGi (15) Random
- Random (10)
- Two Specialized (5 each)
- Grab and Lock (15)
- Grab and Throw (15)
- Come Alongs (10)
- Joint Lock Defenses (5)
- Passive Restraint (3)
- Leg Throw (8)

SPECIAL:

- Pressure Points (5)
- Basics of Gihap (finger pressure)
- Demonstrated Teaching
- Breaking (Judge's Discretion)
- Kunja Paper: 10-40 Pages
 - (Submitted one month before day of test via email and one hard copy should be brought to the test.)