

GOLD BELT POCKET STUDY GUIDE

FIRST BLACK STRIPE:

Memorize and Recite:

Positive Self-Esteem:

- Winning Black belts have a feeling of self worth. Winners develop a feeling of self acceptance and respect.

SECOND BLACK STRIPE:

Combination #1

1. Step Front Punch
2. Reverse Punch
3. Turn
4. Step Front Punch
5. Reverse Punch
6. Turn

Combination #2

1. Step Front Punch
2. Step Front Leg Front Kick, Reverse Punch
3. Turn
4. Step Front Punch
5. Step Front Leg Front Kick, Reverse Punch
6. Turn

THIRD BLACK STRIPE:

Combination #3

1. Step Back Fist
2. Step Behind Side Kick, Reverse Punch
3. Turn
4. Step Back Fist
5. Step Behind Side Kick, Reverse Punch
6. Turn

Combination #4

1. Step Front Punch, Back Leg Front Kick
2. Back Side Kick, Reverse Punch
3. Turn
4. Step Front Punch, Back Leg Front Kick
5. Back Side Kick, Reverse Punch
6. Turn

FOURTH BLACK STRIPE:

Black Belt Creed

Memorize and Recite:

As a dedicated student of the martial arts, I live my life by the principles of Black Belt:

Modesty

Courtesy

Integrity

Perseverance

Self-Control

Indomitable Spirit

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