GOLD BELT STUDY GUIDE

FIRST BLACK STRIPE: Word of the Belt - Memorize & 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: Gold Belt Combinations 1 - 2

Combination #1
1. Step Front Punch
2. Reverse Punch
3. Turn
1. Step Front Punch
2. Reverse Punch
3. Turn

Combination #2
1. Step Front Punch
2. Step Lead Leg Front Kick, Reverse Punch
3. Turn
1. Step Front Punch
2. Step Lead Leg Front Kick, Reverse Punch
3. Turn

THIRD BLACK STRIPE: Gold Belt Combinations 3 - 4

Combination #3
1. Step Back Fist
2. Step Behind Side Kick, Reverse Punch
3. Turn
1. Step Back Fist
2. Step Behind Side Kick, Reverse Punch
3. Turn

Combination #4
1. Step Front Punch, Rear Leg Front Kick
2. Back Side Kick, Reverse Punch
3. Turn
1. Step Front Punch, Rear Leg Front Kick
2. Back Side Kick, Reverse Punch
3. Turn

FOURTH BLACK STRIPE: Black Belt Creed - Memorize & Recite

Black Belt Creed

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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