

## **Monroe County Martial Arts- Black Belt**

### **Kicks**

front	tornado	drop back spin
half-moon	thunder	jump outside crescent
roundhouse	back spin	jump 360 backside
side	jump roundhouse	jump reverse front
inside crescent	hook	jump inside axe
outside crescent	axe	jump outside axe
backside	jump tornado	double roundhouse
jump front	jump rev. roundhouse	twist
back crescent	jump backside	drop backside
		drop roundhouse

### **Hand Techniques**

horse stance-triple punch	upper cut	eagle claw
4 basic blocks	backfist	tiger mouth
palm heel	outside hammer fist	bear paw
inside knife hand	spear hand	underpunch
ridge hand	roundhouse elbow	downward elbow
outside knife hand	elbow thrust	upward elbow
knife hand blocks	leopard paw	back elbow
tiger claw	ox jaw	outside elbow
		two-finger spear
		middle knuckle punch

### **Forms**

All Palgues, Koryo, Neppujin Chodan

### **Self-Defense (ages 16 and up)**

choke from front	gun defense high	roundhouse punch defense
choke from rear	gun defense low	double wrist grab
mounted choke	gun finger lock	full nelson
front hair pull	overhand stick strike	slap defense
rear hair pull	forehand stick strike	throat grab
front bear hug-arms pinned	backhand stick strike	double lapel grab
front bear hug-arms free	straight knife thrust	rear collar grab
rear bear hug-arms free	ice pick knife	gun to back
rear bear hug-arms pinned	upper cut knife thrust	rear headlock
gun defense high	forehand knife slash	front headlock
gun defense low	backhand knife slash	knife to back
gun finger lock		knife to throat left side
		knife to throat right side

### **Falls & Roll Outs**

### **Sparring-2 Three-minute rounds**

Training Time: 6-12 months (3-4 classes per week) At least 20 sparring classes

Test Fee: \$175