



First Degree Black Belt Form

SEGMENT	TECHNIQUE	STANCE	SECTION
Segment One			
1. L	Double Inner Forearm Block	Middle	High
2. R	Upset Punch	Middle	High
3. L	Palm Upset Block	Middle	Mid
4. R	Punch	Middle	Mid
5. L	Punch	Middle	High
Segment Two			
6. L	Advanced Double Knifehand Block	Back	High
7. L	Circular Low Double Knifehand Block	Back	Low
Segment Three			
8. R	#2 Stomp Kick	Middle	Low
9. R	Backfist	Middle	High
10. R	#3 Side Kick	-----	Mid or High
11. R	High-Low Block	Closed	High & Low
12. L	High-Low Block	Closed	High & Low
13. R	Knifehand Low Block – <i>Tension 5 sec.</i>	Rear	Low
Segment Four			
14. R	#1 Front Kick	-----	Mid or High
15. R	#1 Jump Hook Kick	-----	Mid or High
16. R	Nine Block	Sparring	Mid & Low
Segment Five			
17. R	Double Inner Forearm Block	Middle	High
18. L	Upset Punch	Middle	High

19.	R	Palm Upset Block	Middle	Mid
20.	L	Punch	Middle	Mid
21.	R	Punch – <i>KIHAP</i>	Middle	High
Segment Six				
22.	R	Advanced Double Knifehand Block		
			Back	High
23.	R	Circular Low Double Knifehand Block		
			Back	Low
Segment Seven				
24.	L	#2 Stomp Kick	Middle	Low
25.	L	Backfist	Middle	High
26.	L	#3 Side Kick	-----	Mid or High
27.	B	Low X-Block	Closed	Low
28.	B	Head Grab	Closed	High
29.	R	Knee Strike	-----	Mid
30.	L	Knifehand Low Block – <i>Tension 5 sec.</i>		
			Rear	Low
Segment Eight				
31.	L	#1 Front Kick	-----	Mid or High
32.	L	#1 Jump Hook Kick	-----	Mid or High
33.	L	Nine Block	Sparring	Mid & Low
Segment Nine				
34.	R	Square Block (L-closed, R-open)	Back	High
35.	R	Upset Knifehand Strike	Back	High
36.	L	Reverse Vertical Punch	Front	Mid
Segment Ten				
37.	R	#3 Jump Front Kick	-----	Mid or High
38.	L	Reverse Palm Strike	Front	High
39.	R	Low Inward Inner Forearm Block	Closed	Low
40.	L	Horizontal Back Elbow Strike	Middle	Mid
41.	L	Knifehand Strike – <i>KIHAP</i>	Middle	High
Segment Eleven				
42.	B	High Knifehand X-Block	Closed	High
43.	L	Knifehand Strike	Closed	High

44.	L	Knee Strike	Closed	Mid
45.	R	Ridgehand Block – <i>Tension 5 sec.</i>	Rear	High
46.	R	Horizontal Spearhand Strike – <i>Slow 2 sec.</i>		
			Rear	High
Segment Twelve				
47.	R	Step Spin Hook Kick	-----	Mid or High
48.	L	Low Block	Middle	Low
49.	L	Circular Inner Forearm Block	Middle	High
50.	L	Punch	Middle	Mid
Segment Thirteen				
51.	L	#3 Side Kick – <i>Slow 2 sec.</i>	-----	Low
52.	L	Round Kick	-----	Mid
53.	L	Round Kick	-----	Mid or High
54.	L	Low Double Outer Forearm Block (L-open, R-closed)		
			Sparring	Low
Segment Fourteen				
55.	R	Square Block (L-closed, R-open)	Back	High
56.	L	Upset Knifehand Strike	Back	High
57.	R	Reverse Vertical Punch	Front	Mid
Segment Fifteen				
58.	L	#3 Jump Front Kick	-----	Mid or High
59.	R	Reverse Palm Strike	Front	High
60.	L	Low Inward Inner Forearm Block	Closed	Low
61.	R	Horizontal Back Elbow Strike – <i>KIHAP</i>		
			Middle	Mid
62.	R	Knifehand Strike	Middle	High
Segment Sixteen				
63.	L	Knifehand High-Low Block	Closed	High & Low
64.	R	Knifehand High-Low Block	Closed	High & Low
65.	L	Ridgehand Block – <i>Tension 5 sec.</i>	Rear	High
66.	L	Horizontal Spearhand Strike – <i>Slow 2 sec.</i>		
			Rear	High
Segment Seventeen				
67.	L	Step Spin Hook Kick	-----	Mid or High

68.	R	Low Block	Middle	Low
69.	R	Circular Inner Forearm Block	Middle	High
70.	R	Punch	Middle	Mid
Segment Eighteen				
71.	R	#3 Side Kick – <i>Slow 2 sec.</i>	-----	Low
72.	R	Round Kick	-----	Mid
73.	R	Round Kick	-----	Mid or High
74.	R	Low Double Outer Forearm Block (L-open, R-closed)		
			Sparring	Low
Segment Nineteen				
75.	R	Step Forward #2 Jump Side Kick	-----	Mid or High
76.	R	Advanced Double Outer Forearm Block		
			Back	High
77.	L	Reverse Punch	Back	Mid
78.	R	Circular Low Double Outer Forearm Block		
			Back	Low
Segment Twenty				
79.	R	Advanced Double Outer Forearm Block		
			Back	High
80.	L	Reverse Punch	Back	Mid
81.	R	Circular Low Double Outer Forearm Block		
			Back	Low