

ABK Black Belt Curriculum

White Belt



Life Skills: Patience
Forms: 22B
One Step Sparring: # 1
Kicking Combination: Front Kick
Self Defense: # 1 Choke Hold
Equipment: Uniform
Physical Skills: Balance

Yellow Belt



Life Skills: Courtesy
Forms: Palgue 1
One Step Sparring: # 2
Kicking Combination: Round Kick
Self Defense: # 2 Lapel Grab
New Equipment: NA
Physical Skills: Flexibility

Yellow One Belt



Life Skills: Self-Control
Forms: Palgue 2
One Step Sparring: # 3
Kicking Combination: Side Kick
Self Defense: # 3 Headlock
New Equipment: Sparring Equipment
Physical Skills: Strength

Orange Belt



Life Skills: Manners
Forms: Palgue 3
One Step Sparring: # 4
Kicking Combination: Multi Kick
Self Defense: # 4 Rear Strangle
New Equipment: NA
Physical Skills: Speed

Green Belt



Life Skills: Self-Discipline
Forms: Palgue 4
One Step Sparring: # 5
Kicking Combination: Spin Kick
Self Defense: # 5 Rear Grab
New Equipment: NA
Physical Skills: Accuracy

Green One Belt



Life Skills: Respect
Forms: Staff
One Step Sparring: # 6
Kicking Combination: Flying Kick
Self Defense: # 6 Push Down
New Equipment: Staff
Physical Skills: Control

Purple Belt



Life Skills: Honesty
Forms: Palgue 5
One Step Sparring: # 7
Kicking Combination: Crescent Kick
Self Defense: # 7 Choke from floor
New Equipment: NA
Physical Skills: Power

Purple One Belt



Life Skills: Perseverance
Forms: Palgue 6
One Step Sparring: # 8
Kicking Combination: Hook Kick
Self Defense: # 8 Sit and Trap
New Equipment: NA
Physical Skills: Agility

Blue Belt



Life Skills: Humility
Forms: Sai
One Step Sparring: # 9
Kicking Combination: Twist Kick
Self Defense: # 9 Leg Trap
New Equipment: NA
Physical Skills: Endurance

Brown Belt



Life Skills: Honor
Forms: Palgue 7
One Step Sparring: # 10
Kicking Combination: Axe Kick
Self Defense: # 10 Bear Hug
New Equipment: Sais
Physical Skills: Intuitive Reaction

Red Belt



Life Skills: Higher Focus
Forms: Chung Mu
One Step Sparring: # 11
Kicking Combination: Wheel Kick
Self Defense: # 11 Hook Punch
New Equipment: NA
Physical Skills: Timing

Red / Black Belt



Life Skills: Goal Setting
Forms: Kama
One Step Sparring: # 12
Kicking Combination: Wheel Kick
Self Defense: # 12 Wall Choke
Equipment: Uniform
Physical Skills: Gracefulness

Level 1 Black Belt Club Seminars 2016

<p>January</p> <p>Board Breaking Date: January 16th Cost for training : \$49 Black Belt Club Members: Free All Belts</p>	<p>February</p> <p>Nunchaku Date: February 20th Cost for training : \$49 Black Belt Club Members: Free All Belts</p>	<p>March</p> <p>Judo Date: March 19th Cost for training: \$49 Black Belt Club Members: Free All Belts</p>
<p>April</p> <p>Boxing Date: April 16th Cost for training: \$49 Black Belt Club Members: Free All Belts</p>	<p>May</p> <p>Flips and Tricks Date: May 21st Cost for training: \$49 Black Belt Club Members: Free All Belts</p>	<p>June</p> <p>Sparring Date: June 18th Cost for training: \$49 Black Belt Club Members: Free All Belts</p>
<p>July</p> <p>Board Breaking Date: July 16th Cost for training: \$49 Black Belt Club Members: Free All Belts</p>	<p>August</p> <p>Nunchaku Date: August 20th Cost for training: \$49 Black Belt Club Members: Free All Belts</p>	<p>September</p> <p>Judo Date: September 17th Cost for training: \$49 Black Belt Club Members: Free All Belts</p>
<p>October</p> <p>Boxing Date: October 15th Cost for training: \$49 Black Belt Club Members: Free All Belts</p>	<p>November</p> <p>Flips and Tricks Date: November 19th Cost for training: \$49 Black Belt Club Members: Free All Belts</p>	<p>December</p> <p>Sparring Date: December 17th Cost for training: \$49 Black Belt Club Members: Free All Belts</p>

All seminars are one hour in duration. Level 2 seminars will begin fifteen minutes after the Level 1 seminar ends. Prices may vary depending on attendance levels and equipment costs. Level 2 seminar prices will be on each seminar posting. Some seminars will have limited attendance levels.