

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