



BASIC FUNDAMENTALS FOR BLACK BELT TESTING



FRONT STANCE

- 1) Low Block
- 2) High Block
- 3) Middle Outer Block
- 4) Middle Inner Block
- 5) Hammer Block
- 6) Low Cross Block
- 7) High Cross Block
- 8) Regular Punch (Opposite Side)
- 9) Strait Punch (Same side)
- 10) Knife-hand Strike
- 11) Back-fist (Nose)
- 12) Elbow Strike (Opposite Side)
- 13) Supported Spear-hand

BACK STANCE

- 14) Middle Double Fist Block
- 15) Low Double Fist Block
- 16) Middle Double Knife-hand Block
- 17) Low Double Knife-hand Block
- 18) Side Chop
- 19) Outer Back-fist (Temple)

HORSE RIDING STANCE

- 20) Side Punch
- 21) Step Across Side Kick
- 22) Step Behind Hook Kick

FIGHTING STANCE

- 23) Low/High Roundhouse Kick
- 24) Low/High Side Kick
- 25) Inside Crescent Kick
- 26) Outside Crescent Kick
- 27) Pivot Hook Kick
- 28) Back Side Kick
- 29) Skip Front Kick
- 30) Skip Roundhouse Kick
- 31) Skip Side Kick
- 32) Jump Front Kick
- 33) Jump Roundhouse Kick
- 34) Jump Side Kick