

BLACK BELT



HAND TECHNIQUES

- Scissors punch
- Inner forearm strike
- Outer forearm strike

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- 20-30 techniques
(Equal distribution of empty hand
bo, tambo, and knife)

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BLOCKING TECHNIQUES

- Punching blocks
Inside/outside (3 levels)

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KATA AND APPLICATIONS

- Taikyoku to Chinte
- Bo and Tambo katas

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SELF DEFENSE & SPARRING

- Knife defense (all sets)
- Free sparring (3 rounds)
- Over neck throws
(kokyunage/iriminage)
- Two throws from each group
(Hip, hand, leg, sacrifice)
(Previous or substitutions)
- Two pins (judo or aikido)

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STAMINA AND STRENGTH

- Pushups: 20 palm
- Pushups: 20 fingertip
- Pushups: 20 knuckle
- Pushups: 15/15 one arm

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BOARD BREAKING

- Sets by weight (8 trials)
- Up to 140 lbs
 - 4 sets of 2 boards
- 140 - 154 lbs
 - 3 sets of 2 and 1 set of 3 or
 - 5 sets of 2 boards
- 155 - 174 lbs
 - 2 sets of 2 and 2 sets of 3
- 175 lbs and up
 - 4 sets of 3 boards

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PHILOSOPHY AND LEADERSHIP

- Five Fears of Achievement
 - Hard work
 - Failure
 - Intimidation or pressure
 - Associating with people
 - Death

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- Five "Tions" of Leadership
 - Communication
 - Education
 - Application/Action
 - Delegation
 - Production

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- Five Togethers at IATC
 - Physically we train together
 - Socially we eat and live together
 - Intellectually we think together
 - Spiritually we learn, share, and
grow together
 - Enjoy being together in harmony

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- Written exam

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- Written paper - two pages
(Content can cover any aspect of training but must
tell about your personal journey in Cuong Nhu)

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- Public speaking - three minutes
(how training has influenced life)

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- Assistant teaching
(Consistent teaching as a 2 Black Stripe)

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- Attend IATC

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- Regional candidate reviews

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- Videos reviewed

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- Paperwork turned in

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