



American Black Belt Academy



208 State St. Oshkosh, WI. 54901

Phone: 920-232-9700

Adult **Brown Belt** Requirements

1st White Tip

Self Defense Two Hands on One : <input type="checkbox"/> #4 – Outside Turn - #4 Cross Hand <input type="checkbox"/> #5 – Arm Bar <input type="checkbox"/> #6 – Arm Bar - #3 Cross Hand	Self Defense One hand Label Grab: <input type="checkbox"/> #1 – Same Side Grab – Takedown <input type="checkbox"/> #2 – Grab – Wrist straight Back	Self Defense: <input type="checkbox"/> (3) Instant before the grab Footwork Drills: <input type="checkbox"/> Slipping the punch
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Minimum of 8 classes and 1 month **Tip date:** __ / __ / __ **By:** _____

2nd White Tip

Breakfalls from standing position <input type="checkbox"/> Front fall <input type="checkbox"/> Back fall <input type="checkbox"/> Left side fall <input type="checkbox"/> Right side fall <input type="checkbox"/> Right side over the belt	Yudo Sul (Throwing) <input type="checkbox"/> #10 Shoulder Wheel <input type="checkbox"/> #11 Sweeping Hip <input type="checkbox"/> #12 Knee Wheel	Self Defense: <input type="checkbox"/> (3) Instant of the grab Self Defense One hand Shoulder Grab: <input type="checkbox"/> #1 – Wrist Twist <input type="checkbox"/> #2 – Hammer Lock <input type="checkbox"/> #3 – Elbow Lock
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Minimum of 16 classes and 2 months **Tip date:** __ / __ / __ **By:** _____

3rd White Tip

Vocabulary: <input type="checkbox"/> Korean Vocabulary Dan Bong – Short Stick / 12” – 14” long Jung Bong – Long Stick / 6’ long Chung Bong – All Lengths between Kum Do – Sword Technique Jang Bong - Cane Dan Kum - Knife	Self Defense Two hand back <input type="checkbox"/> #3 – S-Lock – Vertical <input type="checkbox"/> #4 – Elbow – Arm bar Hand Techniques: (Includes Joint Locks, Arm Bars and Releases) <input type="checkbox"/> (5) From a Grab <input type="checkbox"/> (5) From a Punch	Redirecting Techniques: (“Zombie” Drill) <input type="checkbox"/> Moving Inside – Face Throw <input type="checkbox"/> Moving Outside – Elbow Lock <input type="checkbox"/> Moving Outside – Shoulder Block Self Defense Two hand front <input type="checkbox"/> #3 – High/Low - Takedown <input type="checkbox"/> #4 – Double Grab - Throw <input type="checkbox"/> #5 – Grab – Hip Throw <input type="checkbox"/> #6 – Cross hand grab
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Minimum of 24 classes and 3 months **Tip date:** __ / __ / __ **By:** _____

Red Tip

- Review of all the above requirements
- Exam request form (must be filled out one week prior to the exam date)
- Exam fee: \$30.00 includes belt and certificate
- Minimum of 32 classes and 4 months

Tip date: __ / __ / __ **By:** _____ **Exam date:** __ / __ / __