**BLACK BELT FORM BASICS**

**Black Belt – 1st Dan**

**Kwang Gae**

1. Step-out, front stance, hooking block; step-back; back stance; double-low block
2. Cat stance, high-section double-knife hand block
3. Front stance, push block; shuffle back, down block, face poke

**Po Eun**

1. Back stance, inverted stick block
2. Horse riding stance, inverted double low
3. Horse riding stance, chop, hook punch, scissor block, twin upset punch, elbow, punch elbow, twin punch

**Koryo**

1. Back stance, double knife hand block, low side kick, mid side kick; front stance, chop, punch; back stance, hammer block – (re-chamber for next combo)
2. Front stance, open-handed down block; arc hand strike, front kick
3. Front stance, inverted chop, open handed down block

**Gae Bek**

1. Step back, stance, X-block; twist kick, double-punch
2. Horse riding stance, scooping block; double punch; hammer block
3. Back stance, double knife; front stance, nine shape block

**Black Belt – 2nd Dan**

**Choong Jang**

1. Back stance, chop; front stance, vertical elbow
2. Back stance, double low block; front stance, nine shape block
3. Front stance, twin chop, arc hand strike; front kick, arc hand strike

**Keum Gang**

1. Back stance, open handed hammer strike
2. Keumgang maki, horse riding stance, hook punch
3. Front stance, upward palm strike

**Ko Dan**

1. Horse riding stance, palm block, punch; back stance, guarding block, scissor block
2. Walking stance, double down block; back kick, back stance, single knife hand block
3. Front stance, twin inverted chop; open – handed rising block, back stance, double-low block, downward punch

**Sam Il**

1. Sitting stance, wedging block with reverse knife hand, twin open handed groin thrust, front stance, back stance, low block, back fist
2. Inverted double knife, back stance, re-chamber, back stance stick block, sweep, inverted stick block, back stance
3. Horizontal elbow, front stance, vertical elbow, left diagonal stance, low kick front stance, then mountain block

**Tae Bek**

1. Rear foot stance, open handed double-low
2. Swallow tail, rotate knife hand to hook block
3. U-block, back stance, single upset, punch, fixed stance, side kick, elbow, front stance
4. Single scissor front stance, front kick, punch/punch front stance

**Yu Sin**

1. Back hand, back stance, inside crescent kick, re-chamber to side kick
2. Right hook punch, sitting stance, left hook punch, sitting stance, right hook Up, punch down, left hook up, punch down
3. Front stance, low closed x block, high open x block, flip hands, punch