

1ST DEGREE RECOMMENDED BLACK BELT GRADUATION REQUIREMENTS

1BR ▶ midterm: (at 3 months / date_____)

- Form
- Sparring Combinations
- Self-Defense
- Single Ssahng Jeol Bong or Single Bahng Mahng EE Drills (current weapon of that cycle)
- Sparring
- Board Breaks (as approved by Sr. Master Niblock)

1BR ▶ Rank Graduation to 1BD: (at 6 months / date_____)

- Form
- Sparring Combinations
- Self-Defense
- Single Ssahng Jeol Bong or Single Bahng Mahng EE Drills (current weapon of that cycle)
- Sparring
- Board Breaks (see list in Master Club Book and review options with Sr. Master Niblock)