

BLACK BELT TRAINING

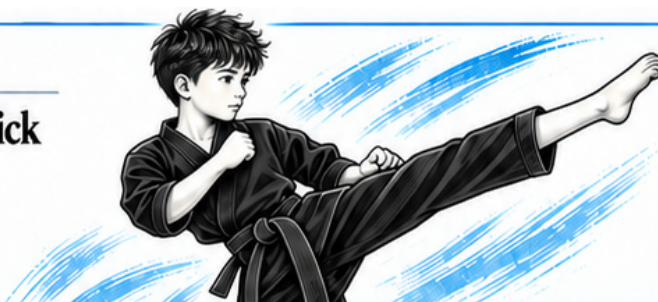
A milestone earned. More to discover.



KICKS

Front kicks, jump kicks, tornado front kick

Review front kicks 1-5 and jump front kicks. Develop the tornado front kick through the preparation and progressions taught in class.



FORM

Po Eun, entire form

Work through the complete form. Refine short sections, connect transitions, and preserve purpose in every movement.



STICK COMBINATION

Both sides, partners, added layers

Practice three count on both sides with partners, then add mountain, valley, and level change.



SELF-DEFENSE

Two responses to the same-side wrist grab

Response 1: wrist release, backfist, ridge hand, knee strike, and instructor-taught choke portion. Response 2: same-side wrist lock. Partner applications stay in supervised class.



BEYOND THE BELT

Connect skill with thoughtful judgment.

Experience brings the opportunity to be more intentional. Prepare before performing, recognize where a correction matters, and choose a respectful response even when frustrated.

AT HOME, TRY SAYING

“What is the purpose of this choice, and what will I adjust?”



NOTICE THE LITTLE WINS

Look for connected technique, honest self-assessment, and consistent follow-through on feedback.

HOME PRACTICE

Refine solo moves and open-hand patterns for memory and control. Develop partner skills with coaching in class. Younger students can practice at home with a grown-up.