



1ST DEGREE DECIDE BLACK BELT

SHIM-JUN

			Stance	Section				Stance	Section
1.	L	Double Inner Forearm Block	M	H	42.	B	Knifehand X-Block	C	H
2.	R	Upset Punch	M	H	43.	L	Knifehand Strike	C	H
3.	L	Upset Palm Block	M	M	44.	L	Knee Strike	C	L
4.	R	Punch	M	M	45.	R	Ridgehand Block -- Tension	R	H
5.	L	Double Handed Punch	M	M	46.	R	Horizontal Spearhand -- Slow	R	H
6.	L	Advance Double Knifehand Block	B	H	47.	R	Step Spin Hook Kick	--	M/H
7.	L	Circular Double Knifehand Low Block	B	L	48.	L	Low Block	M	L
8.	R	#2 Foot Stomp	--	L/M	49.	L	Inner Forearm Block	M	H
9.	R	Backfist Strike	M	H	50.	L	Punch	M	M
10.	R	#3 Side Kick	--	M/H	51.	L	#3 Side Kick	--	L
11.	R	High-Low Block with Fists	C	H&L	52.	L	Round Kick	--	M
12.	L	High-Low Block with Fists	C	H&L	53.	L	Round Kick	--	M/H
13.	R	Knifehand Low Block - Tension	R	L	54.	L	Double low block - with left open	S	L
14.	R	#1 Front Kick	--	M/H	55.	L	Square Block w/low Knife & Fist	B	H
15.	R	#1 Jump Hook Kick	--	M/H	56.	L	Upset Knifehand Strike	B	H
16.	R	Right Side "9" Block	S	L&M	57.	R	Reverse Vertical Punch	F	M
17.	R	Double Inner Forearm Block	M	H	58.	L	#3 Jump Front Kick	--	M/H
18.	L	Upset Punch	M	H	59.	R	Reverse Palm Strike	F	H
19.	R	Upset Palm Block	M	M	60.	L	Inward Inner Forearm Block	C	L
20.	L	Punch	M	M	61.	R	Horizontal Back Elbow Strike	M	M
21.	R	Double Handed Punch - Ki-hap	M	M	62.	R	Knifehand Strike	M	H
22.	R	Advance Double Knifehand Block	B	H	63.	L	Knifehand High/Low Block	C	H&L
23.	R	Circular Double Knifehand Low Block	B	L	64.	R	Knifehand High/Low Block	C	H&L
24.	L	#2 Foot Stomp	--	L/M	65.	L	Ridgehand Block with tension	R	H
25.	L	Backfist Strike	M	H	66.	L	Spearhand Strike - slow	R	H
26.	L	#3 Side Kick	--	M/H	67.	L	Step Spin Hook Kick	--	M/H
27.	B	X-Block	C	L	68.	R	Low Block	M	L
28.	B	Palm Head Grab	C	H	69.	R	Inner Forearm Block	M	H
29.	R	Knee Strike	--	M	70.	R	Punch	M	M
30.	L	Knifehand Low Block - Tension	R	L	71.	R	#3 Side Kick	--	L
31.	L	#1 Front Kick	--	M/H	72.	R	Round Kick	--	M
32.	L	#1 Jump Hook Kick	--	M/H	73.	R	Round Kick	--	M/H
33.	L	Left Side "9" Block	S	L&M	74.	R	Double low block - with right open	S	L
34.	R	Square Block w/low Knife & Fist	B	H	75.	R	#2 Jump Side Kick	--	M/H
35.	R	Upset Knifehand Strike	B	H	76.	L	Adv. Double Outer Forearm Block	B	M
36.	L	Reverse Vertical Punch	F	M	77.	L	Reverse Punch	B	M
37.	R	#3 Jump Front Kick	--	M/H	78.	L	Circle Double Outer Forearm Block	B	L
38.	L	Reverse Palm Strike	F	H	79.	R	Adv. Double Outer Forearm Block	B	H
39.	R	Inward Inner Forearm Block	C	L	80.	R	Reverse Punch	B	M
40.	L	Horizontal Back Elbow Strike	M	H	81.	R	Circle Double Outer Forearm Block	B	L
41.	L	Knifehand Strike - Ki-hap	M	H					



Black Belt Philosophy

The philosophical interpretation of the 1st Degree Black Belt is:

“Begin Planting Seeds for the Future”

The first day (the period of time from White Belt to Red Belt) of growth is coming to an end. The physical skill has been developed, but lacks control; therefore, physical and mental discipline must now be achieved.

Form – Individual action

Segments break down: 5-2-6-3-5-2-7-3-3-5-5-4-4-3-5-4-4-4-4-3

Shim Jung has 81 movements and its Ki-haps are on the 21st movement (right palm heel strike), the 41st movement (left reverse hook kick), and the 61st movement (left horizontal elbow).

Board Breaking Technique Requirements

1. Reverse Palm Heel, Round Kick (High section #1, #2, or #3)
2. Reverse Elbow, Jump Side Kick (High section)

Promotion Requirements

1. Know and perform your form
2. One Year Time in Rank as a First Degree Decided
3. Do required Board Breaks
4. Do required Mid-Term Exams 3 Min.
5. Attend 2 Regional Tournaments as a Competitor and Judge
6. Must have Instructor's Permission