

Academy of Martial Arts Belt Testing Requirements

[illegible]

Palgwe 5																						<i>Palgwe Oh Jang Wind</i>
Grappling																						
Kimono Grab																						
Striking Asp																						
Chung Moo 1																						
Bear Hug Free Back																						
Bear Hug Free Front																						
Sticky hands																						
29 Hands of Shaolin																						
One Inch Punch																						
Palgwe 6																						<i>Palgwe Yuk Jang Water</i>
Bear Hug Pinned Back																						
Bear Hug Pinned Front																						
Board brake hands																						Fist dangle brake Reinforced back fist
Board brake feet																						Pop up back kick
Chung Moo 2																						
Sticky hands advances																						
Kung Fu 2nd 8																						
Flashing Wings																						
Palgwe 7																						<i>Palgwe Chil Jang Mountains</i>
Chung Moo 3																						
Palgwe 8																						<i>Palgwe Pal Jang Earth</i>
Chung Moo 4																						
Sparring 1 on 1																						
Sparring 2 On 1																						
Board brakes hands																						All above
Board brakes feet																						All above
Brick brake																						Cap stone
Kung Fu 1st Form																						
Tai Chi 1st Form																						
Koryo Form																						
Back flip																						
Kumgang Form																						
Back flip board brake																						
Tae Baek Form																						
Time you have instructed										5	5	5	5	10	20	30	50	100	200	500		
Weapons training										5	5	5	5	10	20	30	50	100	200	500		