

# **Black Belt Test Format – Sebastian Karate Moo Duk Kwan**

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## **Forms – Hyungs:**

1. Kee Cho Hyung Il Bu
2. Kwan Hyung Il Bu
3. Kee Cho Hyung E Bu
4. Kwan Hyung E Bu
5. Kee Cho Sam Bu
6. Kwan Hyung Sam Bu
7. Moo Duk Kwan Cho Dan
8. Moo Duk Kwan E Dan
9. Moo Duk Kwan Sam Dan
10. Moo Duk Kwan Sa Dan
11. Pyung Ahn Cho Dan
12. Pyung Ahn E Dan
13. Pyung Ahn Sam Dan
14. Pyung Ahn Sa Dan
15. Pyung Ahn O Dan
16. Oh Shin
17. Bassai
18. Bong Hyung Il Bu
19. Bong Hyung E Bu
20. Bong Hyung Sam Bu (1 & 2)

## **Kicks:**

1. Outside-Inside Kick / Spinning Back Kick / Side Kick
2. Spinning Back Kick / Roundhouse Kick / Front Kick
3. Side Kick / Spinning Back Kick / Roundhouse Kick
4. 360 – Spinning Crescent Kick / Front Kick / Roundhouse Kick
5. 360 – Spinning Hook Kick / Roundhouse Kick / Jump Side Kick
6. Front Kick / Back Kick / 180 - Spinning Crescent Kick
7. Diagonal Kick / Steeping Side Kick / Steeping Hook Kick
8. Inside-Outside Kick / Side Kick / 180 - Spinning Hook Kick
9. Front Kick / Jumping Back Kick / Front Kick
10. Horse Stance – Steeping Side Kick
11. Horse Stance – Steeping Hook Kick
12. Horse Stance – Jumping – Side Kick
13. Horse Stance – Jumping Hook Kick
14. Same Leg – Front Kick / Roundhouse Kick / Side Kick
15. Same Leg – Spinning Back Kick / Roundhouse Kick / Side Kick
16. Same Leg – Front Kick / Jump Back Kick
17. 360 – Wheel Kick – Both Sides
18. 360 – Crescent Kick – Both Sides

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19. 360 – Low Wheel Sweep Kick – Both Sides
20. Back Stance – Jumping Front Kick
21. Back Stance – Jumping Roundhouse Kick
22. Back Stance – Jumping Side Kick
23. Back Stance – Jumping Hook Kick
24. GAG – Outside-Inside Kick / Jumping Inside-Outside Kick / Side Kick
25. GAG – Diagonal Kick / Jumping Hook Kick / 180 – Hook Kick
26. GAG – Inside-Outside Kick / Jumping Outside-Inside Kick / Spinning Axe
27. GAG – Front Kick / Jumping Front Kick / Front Kick
28. GAG – Roundhouse Kick / Jumping Side Kick / Spinning Back Kick
29. GAG – Front Kick / Jumping Roundhouse Kick / Side Kick
30. FBF – Front Kick / Axe Kick / Side Kick
31. FBF – Side Kick / Hook Kick / Roundhouse Kick
32. FBBF – Outside-Inside Kick / Inside-Outside Kick / Side Kick / Roundhouse Kick
33. FBBF – Spinning Back Kick / Front Kick / Axe Kick / Hook Kick
34. Running Jumping Side Kick
35. Running Jumping Hook Kick

## **Hands:**

1. Low Block / High Block (SH) / Reverse Punch
2. Low Block / Middle Soo Do (SH) / Reverse Soo Do
3. Two Hand Middle Block / X Block Low / X Block High
4. Choon Dan Hang Jin
5. Yuk Jin
6. Yuk Soo
7. Choon Dan Hang Jin / Dew Dull Ryo Kap Kwan / Choon Dan Kong Kyuck
8. Inside-Outside Block / Reverse Outside-Inside Block / High Ridge Hand
9. Low Grab & Trap / High Soo Do / Reverse High Ridge Hand / Center Punch
10. Spear Hand Punch / Inside-Outside Block / Center Punch – Low Block (SH)
11. High Open Hand Block & Strike / High Soo Do / Center Punch – High Block (SH)
12. Low Block – High Block (SH) / Reverse High Ridge Hand / High Soo Do / Reverse Punch
13. BS – Low Soo Do / Middle Soo Do / High Soo Do
14. BS – Low Grab & Trap / High Soo Do / Reverse Ridge Hand / High Soo Do
15. BS – Low Soo Do Block / High Soo Do Block / Reverse Ridge Hand / Center Punch
16. Low Block- Middle Soo Do (SH) / Reverse Punch / High Soo Do / Reverse Ridge Hand
17. High Open Hand Block & Strike / High Soo Do Punch / Reverse Outside-Inside Block
18. Low Grab & Trap / High Soo Do / Reverse High Ridge Hand / Spear Hand Punch
19. Two Hand Middle Block / X Block Low / X Block High / Side Punch
20. Inside-Outside Block / Reverse Inside-Outside Block / Outside-Inside Block / Reverse Outside-Inside Block.

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## **Hand / Kick Combinations:**

1. Front Kick / Down Block / Reverse Punch
2. Inside-Outside Kick / Reverse Center Punch / Inside-Outside Block
3. Front Kick / High Block / Reverse Ridge Hand Punch / Center Punch
4. Front Kick / Down Block / High Block / Reverse Ridge Hand Punch
5. Front Kick / Low Grab and Trap / High Soo Do / Reverse Ridge Hand Punch
6. Outside-Inside Kick / U-Punch / Axe Kick
7. High Block / Side Punch / Spinning Back Kick / Front Kick
8. Outside-Inside Kick / Stepping Side Kick / Inside-Outside Block / Reverse High Soo Do
9. Front Kick Low – Front Kick High / Spinning Back Hand / Reverse Ridge Hand Punch
10. Side Punch / Stepping Hook / Jumping Side kick / Spinning Back Hand Punch

## **One Steps and Self Defense:**

1. Hand Techniques ( 1- 20) – (6 – 10 Left Side)
2. Kicks Techniques (1 – 20) – (1 – 5 Left Side)
3. Self-Defense Techniques (1 – 20)

## **Sparring – (4) 2 min Rounds One on One**

## **Forms – Hyungs:**

1. Moo Duk Kwan Cho Dan
2. Moo Duk Kwan E Dan
3. Moo Duk Kwan Sam Dan
4. Moo Duk Kwan Sa Dan
5. Oh Shin
6. Pyung Ahn Cho Dan
7. Pyung Ahn E Dan
8. Pyung Ahn Sam Dan
9. Pyung Ahn Sa Dan
10. Pyung Ahn O Dan
11. Bassai

## **Breaking - 4 Way – Weak Side / Strong Side Hands and Kicks (Both Sides)**

**Black Belt Test is Over!**