



# Raberge's Leadership Martial Arts

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## Black Belt 1

### New in this form

#### Strikes

- High/low punch
- Knifehand strike
- Downward elbow strike

#### Stances

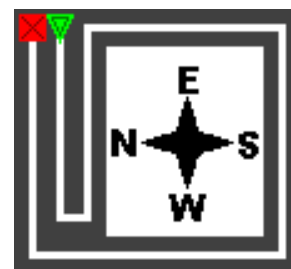
- Open stance
- Twisted stance
- Rear stance

#### Kicks

- Combination kicks
- Outer crescent kick
- #3 jump front kick
- Spin hook kick
- #3 jump axe kick
- #1 front kick
- #3 right front kick

#### Blocks

- Palm heel block
- Double open outer forearm block
- 9 block
- Single low inner forearm block
- Low block
- Square block
- Open-hand low block



### Choon bi (ready stance): Right half-command stance

1. Right foot steps out to shoulder width in open stance
2. Left hand into pull-back position.
3. Right hand closed, bring toward left shoulder, forearm at 45° angle across chest
4. "Ready sir/ma'am!"

### The form

1. Right foot steps back (west) into **left front stance, palm heel block** (high)
2. Left foot steps back (west) into **right back stance, double open outer forearm block**
3. Right foot steps back (west) into **left sparring stance, left high block**
4. **#2 right front kick** to front (east), foot lands in front (east)
5. **#2 left round kick** to front (east), foot lands in front (east)
6. **#2 right side kick** to front (east)
7. Land in **right back stance, right closed double outer forearm block**
8. Turning to face back (west), bring right foot to left foot into **closed stance** facing back (west)
9. Step into **left back stance to south** (right), **high/low punch with tension**

10. **Right front kick** to right (south), and without setting down foot, ...
11. **Right round kick** to right (south), and without setting down foot, ...
12. **Right side kick to right** (south).
13. Land in **left sparring stance** to right (south) with **9 block** (right hand up, left hand down)
14. Right foot steps to front (east) to **open stance facing east**. Look to right (south).
15. Turn clockwise 270° to right (south) to **middle stance** facing back (west), **left elbow strike** (high)
16. Turn counterclockwise 360° in **twisted stance, right backfist** (high) to right (south)
17. Unwind clockwise 360°, **left outer crescent kick** (high) to right (south), land in **back stance**
18. **#3 right jump front kick** (to south), land in **right back stance** to right (south), **left palm heel strike** to right (south). **ki-hap**
19. Bring left foot to right foot for **closed stance**, facing east (front), **right single low inner forearm block** (low)

— Recommended 1st degree black belt students stop here —

20. Left foot steps to back (west, left) into **middle stance, inner forearm block**
21. Left foot steps back to right foot into **rear stance, left palm heel block** (low), **right ridgehand strike** (high)
22. **Left upset knifehand strike** (high)
23. Left foot steps down, right foot steps through to back (south), turn into **spin left hook kick**, land in **right back stance, low block**
24. **#3 jump (right) round kick** to back (west), land in **right back stance, left square block** (left hand high, right hand front)
25. Left foot steps to back (west) into **closed stance**. Turn to left (north) into **right front stance, palm heel strike** (high)
26. Right foot pulls to left foot in **closed stance, right downward elbow strike** (low)
27. Right foot step to right (north) into **middle stance, backfist strike** (high) with quick return
28. Rotate to **right back stance** facing right (north)
29. **#3 jump right axe kick**, land in **closed stance** facing right (north)
30. Hop forward (to north), and turn to face right side (south) and land in **rear stance**
31. **Right punch** (low), immediately followed by ...
32. **Left punch** (low)

33. Face front (east), step through to front (east) into **back stance, right upset punch**
34. **#1 right front kick**, foot returns to floor
35. Left foot steps to front (east), **#3 right front kick**
36. Right foot lands, left foot moves to right foot in momentary **closed stance**
37. **Advance right jump front kick**
38. Land in **right front stance, right open-hand low block**

**Bah ro (return to ready stance):** Right half-command stance

1. Right foot pulls back to open stance
2. Right foot pulls to left foot
3. Right hand closed, bring toward left shoulder, forearm at 45° angle across chest

**Shi uh (at ease)**

1. Bring right foot to left foot into closed stance
2. Open hands, place on hips
3. Bow toward judge/instructor, then return to vertical