



## 1ST DEGREE BLACK BELT LESSON PLAN

*1ST DEGREE BLACK signifies the "darkness beyond the Sun", or the night before a new day. Black also represents the culmination of all the colors. A Black Belt student has honed basic skills, strengthened the body, cultivated a disciplined mind and developed a warrior spirit. The student is now prepared for the next journey in the martial arts.*

DATE LEARNED	MATERIAL DESCRIPTION
	Neutral stance
	Hon Tsuki Strike
	Riken
	Honshu
	Inverted Honshu
	Inverted Thrust
	Reverse Elbow
	Iron Broom Sweep
	Forward Iron Broom Sweep
	Plum Tree Blocking System
	Hon Stuki
	Swift Tigers
	Circle of the Tiger
	Northern Ning Li
	Southern Ning Li

NOTES:

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# Nidan Training Manual

**R Bogdan**



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