

**Student**

**Handbook**



**"NORTHSIDE KARATE"**

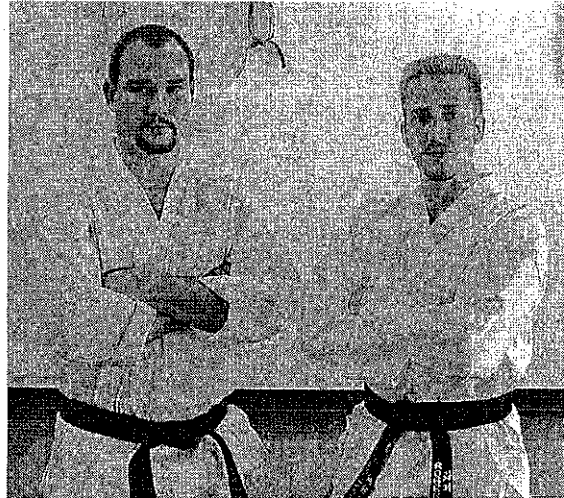


## Table of Contents

Forward	2
System Overview	3
History of Tae Kwon Do	4-5
History of North Side Karate	6-7
Definitions & Terms	8-9
Korean Terminology	10
Student Regulations	11
History & Meanings of Forms	12-14
Rank Test Requirements by Belt	15-45
The Meaning of the Black Belt	46-48
Acknowledgements	49



## Forward to the December 2003 Revision



This handbook, like the martial arts style it describes, is a dynamic work. It continues to change often just as the North Side Karate System continues to change and grow. It is not meant to be a static list of ALL the necessary techniques and requirements for rank at each level. It is instead a guide for students and instructors. Like any reference book, the owner should use the book. Notes should be taken and the book should be opened often during a students training. This book is not to be used except under the guidance of a qualified instructor.



## System Overview

The North Side Karate System is a mixed style of martial Arts made up of six styles. The style includes **Tae Kwon Do**, which makes up the basic program and the forms (katas) and kicks.

It also includes **Judo**, which is the basis for the throws and takedowns.

**Free Style Karate** is also included which influences the kumite and sport karate aspects.

**Shotokan** contributes to the deep stances and the hard linear strikes and close quarter fighting techniques.

**Wing Chung** also brings close fighting techniques and quick, short, circular hand movements.

Finally the philosophy and training spirit of **Jeet Kune Do** is utilized at the highest levels to add the practical application of all techniques.



## An Informal History of Tae Kwon Do

Since Tae Kwon Do is the platform style on which the other techniques rest in our system, it's valuable to know the basic history of Tae Kwon Do.

About 1,300 years ago, in the seventh and eighth century. The Korean peninsula was divided into three different kingdoms, Koguryo, Paekche, and Silla. Since Silla was the smallest kingdom it was constantly under invasion and harassed by its two much larger neighbors. During the reign of King Chin-Hung in the kingdom of Silla, the young aristocrat and warrior class formed an elite officer corps called the Hwa Rang-Do.

This warrior corps, in addition to the ordinary training in spear, bow, sword, and hook, also trained themselves by practical mental and physical discipline and various forms of hand and foot fighting techniques. To harden their bodies, they would climb rugged mountains, swim in the turbulent rivers in the coldest months, and drove themselves unmercifully to prepare for the task of defending their kingdom.

To guide themselves and give purpose to their knighthood, they incorporated a five-point code of conduct, set forth by their country's greatest Buddhist monk and scholar, Won Kang:

- Be loyal to your country
- Honor your parents
- Be faithful to your friends
- Never retreat in battle
- Use good judgment before killing living things

The Hwa Rang-Do corp. inspired the people of Silla to rise and join with one another. The up rise of Silla's citizens defeated the barbarian like warriors of Korguryo and Paekche. During this time period, people of Silla held Hwa Rang- Do as a martial art. The first competition came out of this because they would use it as a source of entrustment, during the festivals.



After the Silla kingdom, the Koguryo dynasty appeared. During this time the art was known as Soobek-Ki or Taek- Kyon. Annually, during the month of May, the king would hold a match of this form of unarmed combat. The winner would receive tons of food and jewelry for themselves and their villages. Certainly the dynasties of Silla, and Koguryo marked the start of Korean martial arts.

In 1955, Tae Kwon Do was chosen as the new name of the national martial art of Korea by a board of instructors, historians and other prominent persons. The name was selected for its appropriate description of art:

Tae = to smash with the feet  
Kwon = destroying with the hand or fist  
Do = the way of life

Not only did this new name have close similarity to its ancient name of Tae-Kyon, but the name gave a new approach of nationalism to the art.

Tae Kwon Do has been researched and developed in its style which is made up on ancient martial arts like; Taek- Kyon, Soo-Bak, T'ang-Su, Tae Kwon, Kwon-pup, and other various forms of Karate. A myriad of techniques have been added, especially in the variety of hand techniques and perfection of foot techniques.



## The History of the North Side Karate System

The following time line shows the history of The North Side Karate System

- 1952 Jhoon Ree introduces Tae kwon Do in the US in San Marcos, Texas.
- 1955 The major Korean Dojangs agree on the basics of Tae Kwon Do.
- 1960 Master Fred Simon Begins his training under Jhoon Rhee.
- 1961 The Korean Government moves to further unify Tae Kwon Do.
- 1964 Master Simon receives his black Belt under Master Jhoon Rhee.
- 1979 Sensei D.E.Chambers begins his training in the martial Arts in Beaumont TX.
- 1989 Sensei Jamie McCleskey begins his Martial Arts training in Austin TX.
- 1992 Sensei Chambers begins training under Master Simon  
Sour Lake Karate School opens under Sensei Chambers in Beaumont area.
- 1993 Sensei Chambers begins teaching at Woodgate, Houston, TX.  
Sensei Chambers begins teaching at Phoenix North, Houston, TX.
- 1994 The North Side Karate System is formed.  
Eight students qualify for A.O.K. Championship.
- 1995 North Side Karate I Opens  
15 students qualify for A.O.K Championships.
- 1996 Sensei Chambers becomes an A.O.K. Producer  
33 Students qualify for A.O.K. championships.  
Sensei Chambers receives Instructor of the Year Honors.  
Sensei Chambers receives 2<sup>nd</sup> Dan.
- 1997 54 Students qualify for A.O.K. Championships.  
Sensei Chambers is named A.O.K. Instructor of the Year.  
Sensei Chambers is recognized as Black Belt Rookie of the Year.  
Sensei Chambers is named to the A.O.K Sanctioning Committee.
- 1998 Aldine's Tae Kwon Do & Self-Defense is opened.  
60 students qualify for A.O.K. Championships.  
10 Students win State Championships.  
Sensei Chambers is named A.O.K. instructor of the Year.  
Sensei Chambers wins the Golden Greek Award.
- 1999 Sensei Chambers is Elected to the A.O.K. Executive Committee  
54 Students Qualify For A.O.K. Championships  
Sensei McCleskey is named A.O.K. Instructor of the Year  
Sensei Chambers wins the Golden Greek Award

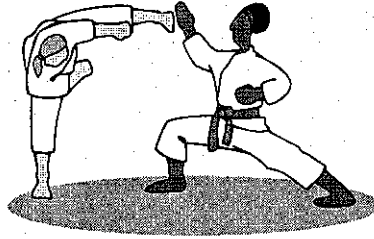
The information in this document is the property of the North Side Karate System. Do not alter or reproduce this information without express written permission. This text is intended to be used by students under the direction of a qualified Instructor.



2000 Sensei Chambers wins the Golden Greek Award  
2001 Sensei Chambers wins the Golden Greek Award  
2002  
2003





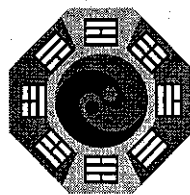


## Definitions/Terminology

The Five Virtues	Discipline, Respect, Attitude, Self-assurance, and most of all Honesty
Discipline	Doing what's right even if it's not what you want to do or what comes easily.
Respect	The courteous treatment of those who have authority over you including your parents, teachers, and elders.
Attitude	The right attitude means being positive and enthusiastic even in negative circumstances.
Self-Assurance	A strong belief in oneself, that you can do anything; confidence.
Honesty	Telling the truth and also making sure that those around you are honest as well.
Karate	Empty or Open hand
Tae Kwon Do	Art of kicking and striking,
Judo	Gentle Way
Kung Fu	Time and effort
Mixed Style	A combination of styles mixed together to form one style.
Six Styles	Tae Kwon Do, Free Style Karate, Shotokan, Wing Chun, Judo, Jeet Kune Do



Front Stance	Front leg bent 45 degrees, back leg straight, feet forward; weight is 60/40 front to back.
Square Stance	Both knees bent at 90 degrees, feet square to each other, weight is 50/50.
Horse Stance	Both knees bent at 90 degrees, both feet forward, weight is 50/50.
Ready stance	Both knees slightly bent, heels in line, front foot turned at an inside angle
Sensei	Teacher
Kata/Form/Hyung	A series of techniques performed as if the student is defending himself against two or more imaginary opponents.
Competition Kata	A Kata performed for Competition or Demonstration. The techniques and moves may be added together or modified by the student.
Perfection	Perfection is a process and requires continual improvement.
Practice	Practice makes permanent. Only improvement leads to perfection.



## Korean Terminology

Duiro Dora	Turn 180 degree, turn
Yop	Side
Shiyo	at ease, relax
Marki	block
Charyut	attention
Kyungye	bow
Chirugi	punch
Goman	end
Chungdan	middle
Sudo	knife hand
Chagee	kick
Hardan	low
Ilbo taeryon	one step sparring
Shejak	begin
Chukyo marki	rising block
Sangdan	high
Sugi	stance



## Student Regulations

1. Students should always wear correct uniform and belt except with special permission.
2. Students must have clean bodies and trim nails.
3. Students should not wear jewelry or headbands to class.
4. Bare feet only are allowed in the practice area.
5. Do not enter or leave class without permission from your instructor; (students should bow to flags and instructor whenever entering or leaving the practice area.)
6. Students should always stand straight when speaking to their instructor and use words of consideration while speaking such as "yes sir", "no sir" and "pardon me sir". Instructor should never be called by his first name.
7. Color Belts or non-instructor black belts should not instruct except on direction from their instructor.
8. Students should take responsibility to keep the school, dressing room, and restrooms clean out of respect to their instructor and fellow students.
9. All students are expected to be courteous and understanding. Advanced students are expected to set a good example to new students and assist such students whenever necessary.
10. Students should not eat or drink in dojo except with special permission from their instructor.
11. Students should be courteous and show respect to all parents and visitors in the Dojo
12. Students should not disrupt or distract other students while classes are in progress.

The information in this document is the property of the North Side Karate System. Do not alter or reproduce this information without express written permission. This text is intended to be used by students under the direction of a qualified Instructor.



## History & Meanings of the Forms

### Chonji

The name means heaven and earth, which symbolizes the creation of the world.

### Tan- gun

Named after the legendary hero who was said to have founded Korea in 2334 BC

### To San

The pseudonym of the great Korean patriot and educator, Ahn Ch'ang Ho (1876-1938)

### Won Hyo

Named after the noted monk who introduced Buddhism to the Silla Dynasty in 686 AD

### Young Dragon

A Competition Kata which originated in Dorsey's Black Dragon Karate System. The Kata emphasizes powerful kicking and combination hand techniques.

### Yul Guk

The pseudonym of the great philosopher and scholar, Yi the first (1536-1584), who is also known as the "Confucius of Korea" The diagram of this form represents scholar.

### Chung Gwen

Named after the patriot, An Chung Gwen The 32 steps represent the age at which he was martyred in prison in 1910.



### Toi Gye

The pen name of the noted scholar, Yi Hwang, an authority on neo-Confucianism. The 37 steps of this form refer to his birthplace on the 37<sup>th</sup> degree latitude.

### Pyung Un Hi

Competition Form for Advanced Belts added to the system by Grandmaster Jhoon Rhee some time after 1977

### Hwa Rang

Named after the Hwa Rang Do youth group originating during the Silla Dynasty about 1350 years ago and becoming one of the driving forces behind the unification of the three kingdoms of Korea.

### Chung Mu

The name of the great Admiral, Yi Sun Sin, of the Yi dynasty, who was said to have invented the first armored battleship in 1592 AD. The left hand attack ending the form, symbolized his unfortunate death in battle before he was able to demonstrate his complete loyalty to the King.

### Kwang Gye

The name of the famous Kwang Gye T'o Wang, 19<sup>th</sup> King of the Koguryo Dynasty who regained the lost territories including the greater part of Manchuria. The 39 steps indicate his reign of 39 years.

### Po Un

Pseudonym of loyal subject, Chong Mong Chu (1400 A.D.) whose famous poem, "I will not serve a second master, though I am crucified a hundred times," is known to every Korean

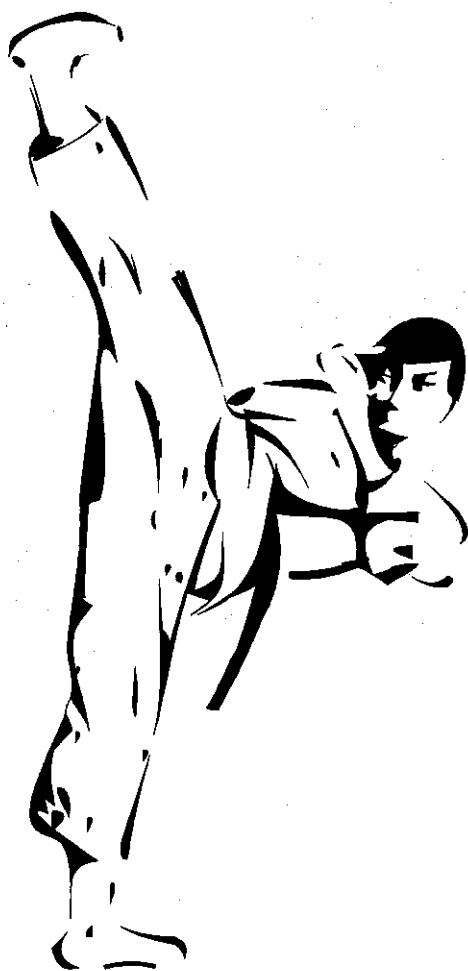
### BaSai

Japanese traditional form Bassai was adopted by several Korean stylists during the 70's because of its effectiveness in competition.



## Kae Bek

General in charge of the forces of Bak Jai, When the combined armies of Silla and Dang invaded in 660 A.D. he assembled 5000 men of the highest morale and courage and then killed his own wife and children before leaving for battle. Although defeated, he is remembered for his loyalty and bravery.





# North Side Karate Rank Test Requirements

## White Belt Rank Test Requirements

### Knowledge:

Karate

The Five Virtues

All Regulations

### Stances:

Relax/Shiyo Position

Attention/ Charyut Position

Ready Stance

Front Stance

Square Stance

Horse Stance

June Be Position

Goman Position

### Punches:

Lunge Punch

Front Punch

Back Punch

### Blocks:

Downward Block

Forearm Block

### Kicks:

Front Kick

Back Kick

The information in this document is the property of the North Side Karate System. Do not alter or reproduce this information without express written permission. This text is intended to be used by students under the direction of a qualified Instructor.





## White Rank Test Requirements Continued

### Self-Defense:

Fetal Position

Tumble Forward

Additional Requirements To Be Determined By The Instructor





## Yellow Belt Rank Test Requirements

All previous requirements plus:

### Knowledge:

Tae Kwon Do

Front Stance

All Regulations in Order

History of Chonji

### Punches:

Reverse Punch

Shuffle Front Punch

Shuffle Back Punch

### Blocks:

Middle Block

Wedge Block

### Kicks:

Front Snap Kick

### Kata:

Chonji

### Self-defense:

Hip Toss

Wrist Grab #1, 2, 3

**Additional Requirements To Be Determined By The Instructor**



## Orange Belt Rank Test Requirements

All previous requirements plus:

### Knowledge:

Tae Kwon Do

Mixed Style

Front Stance

Back Stance

All Regulations

History of Tan Gun

### Punches:

Back Fist

Shuffle Back Fist

Walking Back Fist

Knife Hand Strike

### Blocks:

Knife Hand Block

Horizon Block

Twin Forearm Block

### Kicks:

Side Kicks (defensive/skip/step behind/shuffle)

Roundhouse Kicks (lead/back leg)

### Kata:

Tan Gun

### Self-defense:

Scissors Take Down

Lapel Grab Defense



Board Breaking Suggestions:

Step Side Kick

Hammer fist

Additional Requirements To Be Determined By The Instructor





## Orange Stripe Rank Test Requirements

All previous requirements plus:

### Knowledge:

Six Styles  
Ready Stance  
Horse Stance  
History of To San

### Punches:

Ridge hand Strike  
Spear hand Strike  
Hammer Fist

### Blocks:

Kumite X-Blocks (lead/counter)

### Kicks:

Hook Kick  
Back Kick  
Spin Back Kick

### Kata:

To-San

### Self defense:

Foot Sweep  
Arm Bar Horizon Block w/knee lift  
w/ foot sweep, w/ knee lift & foot sweep  
Front Shoulder Grab Defense #1 "lapel grab"



## Orange Stripe Rank Test Requirements Continued

### Board Breaking Suggestions (1):

Front Kick

Spinning Back Kick

Reverse Punch

Knife Hand Strike

### Sparring:

One and Two Opponents

Point and Continuous

Additional Requirements To Be Determined By The Instructor





## Green Belt Rank Test Requirements

All previous requirements plus:

### Knowledge:

Kung fu

Judo

Korean Terminology (Blocks)

History of Won-Hyo

Definitions of 5 Virtues

### Punches:

Inverted Knife-Hand Strike

Side Punch

Elbow Strike #1 across, #2 back

### Blocks:

Inside Forearm Block

Scoop Block

Tension Knife Hand/Grab

### Kicks:

Spin Side Kick

Hook Kick/Roundhouse Combination

### Kata:

Won-Hyo

### Self defense:

Fireman's takeover (roll up, launch, side launch)

Punch/Middle Block Arm Bar

Small Circle Technique (wrist grab defense- same side/opposite side)



## Green Belt Rank Test Requirements Continued

### Board Breaking Suggestions (1):

Spinning Side Kick

Hook Kick

Hammer Fist

Elbow Strike #1 (across)

Elbow Strike #2 (back)

### Sparring:

Demonstrate Appropriate Techniques

### Weapons:

Bo Short Set (Blocks and Strikes)

Additional Requirements To Be Determined By The Instructor







## Green Stripe Rank Test Requirements

All previous requirements plus:

### Knowledge:

History of Young Dragon

Terms: Kata, Competition Kata, Practice, Perfection

### Stances:

Bo Stance

### Punches:

Elbow Strikes #3(upward)

Elbow strike #4 (spin)

Elbow Strike #5 (downward)

Double Knife Hand Strike

Grown Strike/Grab and Pull (ridgehand)

### Kicks:

Spinning Hook Kick

Knee Strike #1 (upward)

Knee Strike #2 (across)

Spinning Wheel Kick

### Blocks:

X Block (open hand, closed hand)

### Kata:

Young Dragon



## Green Stripe Rank Test Requirements Continued

### Self-defense:

Front Choke Defense #1, 2, 3 (pull/push, swim, inside/outside forearm)

Multiple Counters (Strikes)

Roundhouse Kick Defense #1 (sweep)

Inside Hip Toss (rear grab, front grab, punch)

Large Circle Technique (wrist grab defense)

### Sparring:

Demonstrate Appropriate Techniques

### Weapons:

Bo Spins - Figure 8 (1 hand, 2 hand, forward, backward)

Bo Spins - Around the back (right hand, left hand)

Bo Spins - Shaolin #1 (left hand, right hand)

Bo Spins - Shaolin #2 (1 hand: forward/backward, left/right)

Bo Spins - Shaolin #3 (2 hands figure 8: forward, backward)

Bo Spins - Shaolin #4 (2 hand shoulder turn: left or right forward)

Bo Spins - Shaolin # 5 (#1 w/ around the back exchange)

Additional Requirements To Be Determined By The Instructor





## Purple Belt Rank Test Requirements

All previous requirements plus:

### Knowledge:

History of Yul Gok

### Stances:

Crossing Stance / X-Stance

### Punches:

Palm Heel Strike

Fore Knuckle Strike

Four Knuckle Strike

### Blocks:

Tension Knife Hand (alternating)

Open Hand Twin Forearm

Twin Block

### Kicks:

Crescent Kicks

Jump Front Kick

### Kata:

Yul Guk



## Purple Belt Rank Test Requirements Continued

### Self-defense:

Arm Bar Reversal (sweep)

Overhand Arm Bar Reversal (inside turn)

Front Kick Sweep (outside only)

Roundhouse Kick Defense # 2 (lift and push)

Roundhouse Kick Defense # 3 (strike, drop, and lock)

Front Shoulder Grab Defense # 2 "hold the tray"

Hip Toss Reversal

### Board Breaking Suggestions:

Two consecutive non-simultaneous kicks or strikes on single boards

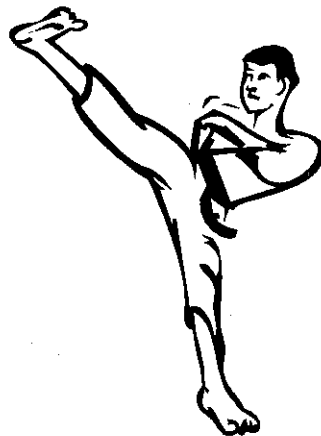
### Sparring:

Demonstrate Appropriate Techniques

### Weapons

Shi Bo Do (first half)

Additional Requirements To Be Determined By The Instructor





## Purple Stripe Rank Test Requirements

All previous requirements plus:

### Knowledge:

History of Chung Gwen

### Stances:

Cat Stance

### Punches:

Inverted Palm Heel Strike

Horizontal Spearhand Strike

### Blocks:

X-blocks (upward and downward)

Pressing Palm Heel

Inverted Ridge hand

### Kicks:

Spinning Crescent Kick

Spinning Hook Kick

### Kata:

Chung Gwen

### Self-defense:

Rear Forearm Choke Defense #1 (pick and pull)

Rear Grab Defenses (inside)

Ground Arm Lock

Standing Arm Bar



## Purple Stripe Rank Test Requirements Continued

### Sparring:

Demonstrate Appropriate Techniques

### Weapons

Shi Bo Do Competition Kata

Additional Requirements To Be Determined By The Instructor





## Blue Belt Rank Test Requirements

All previous requirements plus:

### Knowledge:

All Basic Korean Terminology  
History of Toi Gye

### Punches:

Double Punch  
Upset Punch  
Elbow Strike # 6 (reinforced)  
Elbow Strike # 7 (elbow drop)  
Elbow Strike # 8 (rear turning)

### Blocks:

Bo Take-away  
Inside/Outside Forearm Block  
Combination Forearm Block  
Low Knife Hand Block

### Kicks:

Axe Kick  
Jump Double Front Kick  
Jumping Knee Strike # 1  
Jumping Knee Strike # 2

### Kata:

Toi Gye



## Blue Belt Rank Test Requirements Continued

### Self-defense:

Shoulder Toss

Rear Grab Defenses (outside)

Full Nelson Defense #1 (pick & pull)

Bear Hug Defense #1 (pick & pull)

Bear Hug Defense # 2 (tumble)

Rear Forearm Choke Defense # 2 (tumble)

### Breaking Suggestions:

Must execute a series break

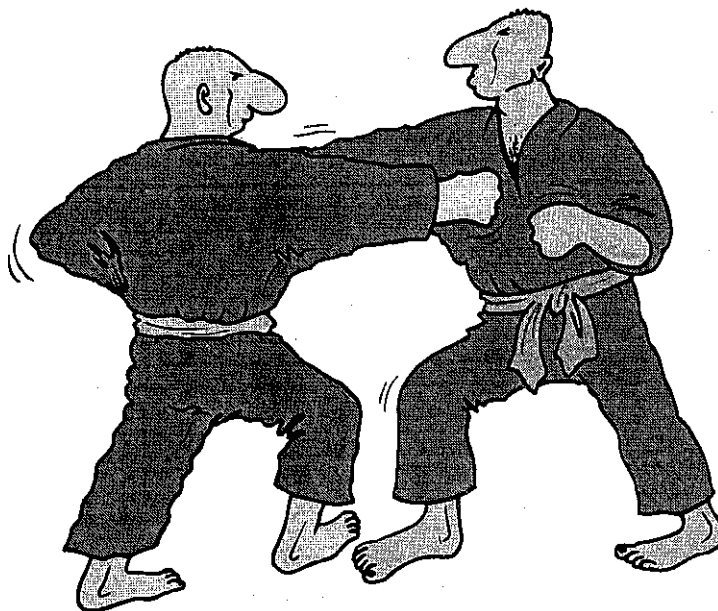
### Sparring:

Demonstrate Appropriate Techniques

### Weapons:

Nun Chuks (Strikes, Spins, Exchanges)

Additional Requirements To Be Determined By The Instructor







## Blue Stripe Rank Test Requirements

All previous requirements plus:

### Knowledge:

History and Background of Six Styles

### Punches:

Crane Slap

Beak Hand Strike

### Kicks:

Spinning Crescent Kick

Spinning Wheel Kick

### Kata:

Competition Specialty

### Self-defense:

Single Leg Take Down

Front Choke Defense #4 (inside/outside ridge hand)

Front Choke Defense #5 (drop and counter)

Full Nelson Defense #2 (side fall)

Full Nelson Defense # 3 (drop and counter)

Bear Hug Defense # 3 (single leg takedown)

Bear Hug Defense # 4 (side-step and elbow strike)

### Breaking Suggestions:

Must execute a series break of at least three consecutive techniques



## Blue Stripe Rank Test Requirements Continued

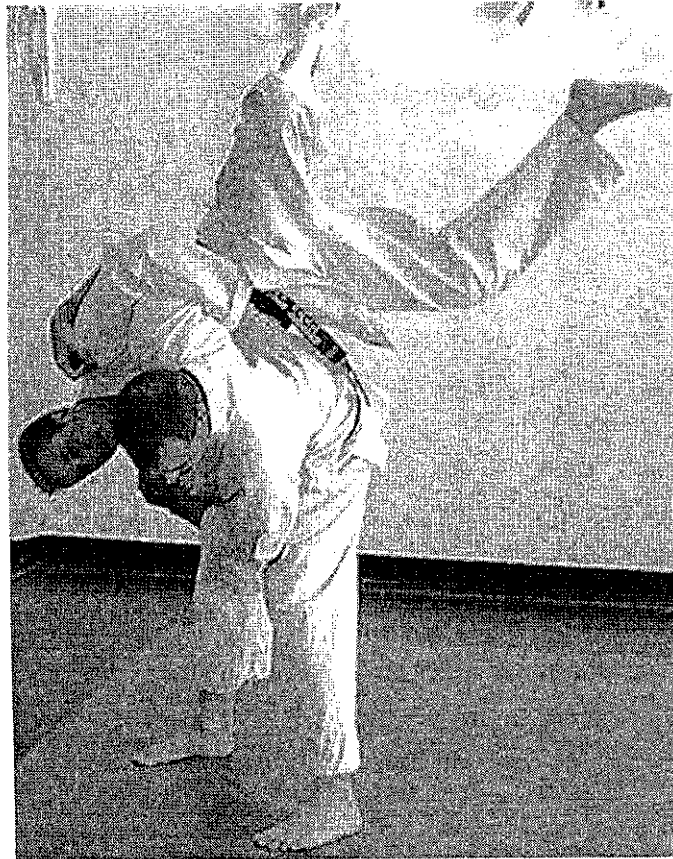
### Sparring:

Demonstrate Appropriate Techniques

### Weapons

Must demonstrate 1 weapon

Additional Requirements To Be Determined By The Instructor





## Red Belt Rank Test Requirements

All previous requirements plus:

### Knowledge:

History of Pyung Un Hi  
History of Tae Kwon Do

### Stances:

Broken Wing

### Blocks:

Low Wedge Block  
Side Block  
Open Hand Horizon Block

### Combination Block\Punch or Strike

(Open Hand) Horizon Block/Spear hand Strike  
(Open Hand) Horizon Block/Inverted Knife Hand

### Punches

U Punch

### Kicks:

Flying Side Kick  
360 Crescent Kick  
Jump Spin Back Kick

### Kata:

Pyung Un Ha



## Red Belt Rank Test Requirements Continued

### Self-defense:

Side Kick Sweep

Reversals

Misdirection Blocking

Roundhouse Defense #4 (tiger tail sweep)

Roundhouse Kick Defense # 5 (outside turn)

Knee Drop

Shoulder Drop

Basic Ground Fighting Philosophy

Mounted Position

The Guard

Scarf Hold - *Keza Getame*

Interlocking Choke

### Sparring:

Demonstrate Appropriate Techniques

### Weapons:

Student must demonstrate knowledge of a second weapon including history and proper techniques for use

### Breaking Suggestions:

Ball Of Foot Roundhouse

Spinning Wheel Kick

Speed Break (knife hand)

### Teaching:

As directed by the Instructor

**Additional Requirements To Be Determined By The Instructor**

The information in this document is the property of the North Side Karate System. Do not alter or reproduce this information without express written permission. This text is intended to be used by students under the direction of a qualified Instructor.



## Red Stripe Rank Test Requirements

All previous requirements plus:

### Knowledge:

History of Hwa Rang

### Kicks:

Jump Round House

Jump Spinning Hook Kick

Jump Spinning Crescent Kick

### Kata:

Hwa Rang

### Self-defense:

Flying Scissors Take Down

Rear Forearm Choke Defense # 3 (Shoulder Throw-*Seio Nage*)

Rear Forearm Choke Defense # 4 (Body Drop-*Tai Otoshi*)

### Breaking Suggestions:

Execute a technique through two boards

### Sparring:

Demonstrate Appropriate Techniques



## Red Stripe Rank Test Requirements Continued

### Weapons:

Student must demonstrate knowledge of a second weapon including history and proper techniques for use

### Teaching:

As directed by the Instructor

Additional Requirements To Be Determined By The Instructor





## Brown Belt Rank Test Requirements

All previous requirements plus:

### Knowledge:

History of Chung Mu

### Punches:

Inverted Knife Hand Strike, Open Hand Horizon Block Combination

Horizontal Spear Hand Strike

Inside Forearm Block, Back fist Combination

Single Upset Punch

### Blocks:

### Kicks:

Back leg Roundhouse, Spinning Side Kick Combination

Jump Spinning Wheel Kick

### Kata:

Chung Mu

### Self Defense:

Isolated Hip Takedown

Nikyo (grab defense control)

Wheel Throw

Must be able to pick the appropriate technique for the specific attacker(s) and situation



## Brown Belt Rank Test Requirements Continued

### Breaking Suggestions:

Multiple Boards

Simultaneous Breaks

Flying techniques

Obstacles

Execute a hand technique through one of the following:

two boards

one brick

one paving stone

### Sparring:

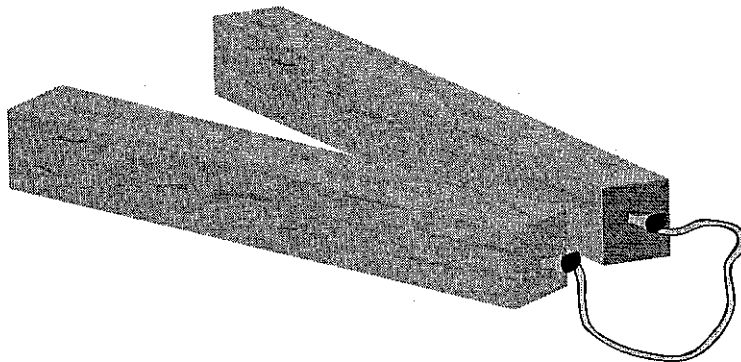
Full Contact versus Multiple Attackers

Takedowns and Ground Fighting Allowed

### Weapon

Must demonstrate a good knowledge of two weapons of the martial arts, their history and use

Additional Requirements To Be Determined By The Instructor







## Brown Stripe Rank Test Requirements

All previous requirements plus:

### Knowledge:

Chronological History of North Side Karate

### Kata:

Competition Specialty

### Self-defense:

Simultaneous Blocking and Striking

Guillotine Choke

Compression Choke

Ankle Lock

Flying Knee Drop

Must be able to defend in realistic everyday situations

### Breaking Suggestions:

Multiple Boards

Simultaneous Breaks

Flying techniques

Obstacles

Execute a hand technique through one of the following:

two boards

one brick

one paving stone

### Weapons:

Demonstrate 2 or more

Must demonstrate a good knowledge of at least two weapons of the martial arts, their history and use



## Brown Stripe Rank Test Requirements Continued

### Teaching:

Must be knowledgeable about the Dojo, the System, & the Style

Must be willing and able to teach the tenets of the North Side Karate System

### Character:

Student must demonstrate the Five Virtues in life

Student must demonstrate loyalty and dedication to the system

Additional Requirements To Be Determined By The Instructor





## Provisional Black Belt Rank Test Requirements Junior Black Belt Rank Test Requirements

All Previous Requirements plus:

### Knowledge:

Rules of Chess

Blackbelt Essay

### Kata:

Blackbelt Specialty

### Self Defense:

Sliding Lapel Choke

Cross Choke

Flying Knee Drop

Flying Shoulder Drop

Defend Against 3 Common Knife Attacks

Must be flexible, adaptable, creative in choice of technique and execution

### Breaking Suggestions: (Jhoon Rhee 1971)

Break three boards with one of the following:

Ball of Foot Roundhouse

Straight Punch

Knife hand strike

Front Kick

Side Kick

### Sparring:

Full Contact versus Multiple Attackers



Takedowns and Ground Fighting Allowed

**Provisional Black Belt Rank Test Requirements Continued**

**Junior Black Belt Rank Test Requirements Continued**

Weapon

Demonstrate 2 or more

Must demonstrate a general knowledge of the common weapons of the martial arts, their history and use

Teaching:

Must be knowledgeable about the Dojo, the System, & the Style

Must be willing and able to teach the tenets of the North Side Karate System

Character:

Student must demonstrate the Five Virtues in life

Student must demonstrate loyalty and dedication to the system

Student Must Be Perfect (NSKS Definition)

Additional Requirements To Be Determined By The Instructor





## Black Belt 1<sup>st</sup> Dan Rank Test Requirements

All previous requirements plus:

### Knowledge:

Black Belt Essay  
Black Belt Project

### Punches:

Triangle "A" position  
Tension Single Upset Punch  
C-Block  
Knifehand Smash  
Tension Horizontal Spearhand

### Blocks:

Reverse Downward Block

### Kicks:

Inverted Roundhouse

### Kata:

Kwang Gye

### Self-defense:

One Step Sparring - *Ilbo Taeryon* (12)  
Knife Attacks  
Advanced Block Punch Takedowns  
    Head/Neck Twist (inside, outside)  
    Double Eye Gouge



## Black Belt 1<sup>st</sup> Dan Rank Test Requirements Continued

### Breaking Suggestions: (*Jhoon Rhee 1971*)

Break three boards with one of the following:

Ball of Foot Roundhouse

Straight Punch

Knife hand strike

Front Kick

Side Kick

### Weapons:

Demonstrate 2 or more

Must demonstrate a general knowledge of the common weapons of the martial arts, their history and use

### Teaching:

Must be knowledgeable about the Dojo, the System, & the Style

Must be willing and able to teach the tenets of the North Side Karate System

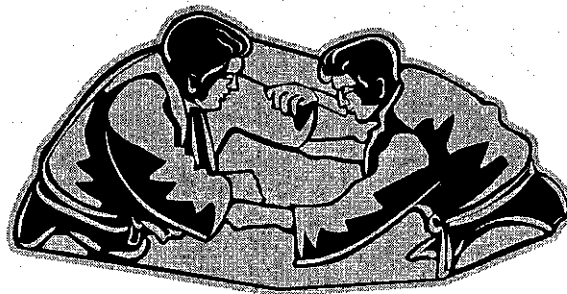
### Character:

Student must demonstrate the Five Virtues in life

Student must demonstrate loyalty and dedication to the system

Student Must Be Perfect (NSKS Definition)

Additional Requirements To Be Determined By The Instructor







## **The Meaning of the Black Belt**

by Sensei Jim McCleskey

There have been various definitions of a Black Belt offered over the years. Some see the Black Belt as a goal. Others have seen it as the end of a journey, the culmination of their training. The traditional view casts the Black Belt as a new level that the student reaches. This new level exemplifies a more serious level of training. The Black Belt is a beginning then, rather than an ending. A Black Belt undertakes his mental and physical training with a renewed seriousness, sense of purpose and enthusiasm. A Black Belt can be defined as a serious student of the Martial Arts who has completed the beginner and intermediate lessons.

### **The Act of Becoming a Black Belt**

Many students say that they were "given a Black Belt", or that they "received a Black Belt", or they "got their Black Belt", or "tested for a Black Belt". All of these statements are inaccurate. A student must become a Black Belt. Once a student has transformed himself into Black Belt, the instructor, the dojo, and the community can recognize this fact. The formal recognition of this transition takes place at a Rank Test. The test is necessary as a formal ceremony. Becoming a Black Belt requires the student to develop a personality and character that emphasizes the virtues of his art. The student must live a life that is a testimony to discipline, respect, attitude, self-assurance and honesty.

A life of virtue will result in many outward demonstrations of these facts. This includes regular physical workouts, studying the arts, teaching, and assisting the instructor and the dojo. The Black Belt must seek perfection of physical technique and of character.

### **The Definition of Perfection**

The common saying is "Practice makes perfect." This cliché is well meaning but incorrect. While preaching that consistent practice is valuable, it overlooks the need for improvement. Constant incremental improvement is the only way to achieve greatness in any endeavor. This cliché also suggests that perfection is a definite point, an achievable destination. This is also misleading. Perfection is a process of continual improvement. As such, it is a finish line that is always just out of reach. Because perfection is a process it is sometimes difficult to hold perfection in our mind as a goal. The Martial Arts gives us a more tangible set of goals by supplying a system of rank.

### **The Purpose of Rank**

Every organized system of Martial Arts contains a system of Rank. In general the modern martial arts systems have more levels for advancement than the original Asian systems. This may be related to the American need for instant gratification. Whatever the reason for its origins, the rank system provides the student a measured series of goals separating specific bits of knowledge as well as specific time periods. This is positive in the sense that each student is able to measure their progress. However, this emphasis on progressive rank up the Black Belt level may give the student the impression that the Black Belt is an

The information in this document is the property of the North Side Karate System. Do not alter or reproduce this information without express written permission. This text is intended to be used by students under the direction of a qualified Instructor.



endpoint. The mentally mature student understands and accepts this contradiction when the time comes to move onto the Black Belt level. The advancement to Black Belt also requires a certain personal sacrifice on the part of the student.

### **Personal Sacrifice**

The student who excels to the level of Black Belt will have to make some personal sacrifices along the way. These may include giving up their time for many hours of training, forgoing other social activities, making sacrifices in their personal lives, and enduring aches, pains, and physical injuries. Many students do not make it the last leg of the journey. They spend years as Brown Belts or stop training altogether at that level. Some of these students even put on a Black Belt without the benefit of certification.

The student in this situation is demonstrating that he is unable or unwilling to make the personal sacrifices to complete his move to the next level. He may have all the physical techniques mastered but he is not a Black Belt because he has not progressed enough in character or mental toughness. He can kick and punch but he cannot act with consistent discipline. He is not a serious student.

Some styles of martial arts allow a student to become a Black Belt in as little as two years or even less. A progression through the beginner and intermediate levels at that speed does not allow a student the proper amount of time to develop mental discipline and maturity needed for the Black Belt level. For this reason, it is necessary to pick a proper style for training.

### **The Element of Style**

It has been said that when an instructor makes a mistake over and over, a style results. This witticism highlights the fact that there are thousands of styles of martial arts and many of them have only subtle differences between themselves and their parent styles. A question often asked by laymen is "Is one style better than another?" The answer is that a style is less important than having a good quality school and instructor. Instructors and other Black Belts cannot help infusing their personality and their biases into the martial arts training. Teaching is a deeply personal activity. A style is one way to connect similar things into one community of the martial arts.

### **The Community of the Martial Arts**

All martial artists share a sense of community. The bond of training, the appreciation of the traditional, the reliance on structure and discipline, even the enjoyment of ceremony helps bond Martial Artists from many diverse backgrounds into a community. As a Black Belt, the student must understand his role in the community and what is expected of him. Can he use his role in the community to promote what is good and right about the martial arts; character, virtue, and sportsmanship? The martial arts are a very positive force in people's lives. Black Belts understand this and seek opportunities to bring more people into the martial arts community.

### **The Community of North Houston**

The information in this document is the property of the North Side Karate System. Do not alter or reproduce this information without express written permission. This text is intended to be used by students under the direction of a qualified Instructor.



The Black Belt must also look to his local community for opportunities to affect people's lives in a positive way. This can be done through recruiting, teaching, coaching, and through acts of charity and goodness. Perhaps the most profound thing a Black Belt can do for his community is to own and operate a martial arts school. This allows the Black Belt to directly affect children and adults within his community in a positive way. The Black Belt can also affect his community through charity or other community organizations.

### **The Community of Humanity**

The Black Belt also lives as an example to others. The five virtues are not rules for the dojo. They are guidelines for how we live our lives day to day. By becoming a shining example of discipline, respect, attitude, self-assurance, and honesty; the Black Belt positively affects everyone he comes into contact with. A well known axiom says that we must "be the change we wish to see in others." This may be a Black Belts greatest calling and his greatest contribution.

At the end of a martial arts career, few can be known for their high kicks or dynamic fighting style. The best that a Black Belt can achieve is to be known as a true martial artist. The martial arts asks only one other thing, that we pass along our knowledge to others.

### **Building a Bridge**

As Black Belts we're expected to pass on our knowledge to others. Indeed, almost every martial arts system requires its advanced belts to teach the beginners and intermediates. This charge carries a double purpose. First, every student attains a deeper level of knowledge of their art when asked to teach others. Second, this practice expands the style and the art and the community of the martial arts.

This building a bridge back to the upcoming generation is a tradition of the martial arts passed down from the time when fathers taught sons the arts and those sons taught their sons in turn. Every true Black Belt feels the burden for the next generation and wishes to teach. Some choose to teach outside of their system or organization. This should be avoided until the instructor has matured sufficiently to understand the challenges of the dojo and the purpose for the current teaching and curriculum decisions. This cannot be accomplished without a wealth of experience. As an instructor, this challenge takes years to master.

This is the greatest challenge of the student in becoming a Black Belt. The student must change himself first, and then his rank and belt will be an afterthought. This is the true art.



"Practice makes permanent, only improvement leads to perfection."

-Sensei D.E. Chambers

Thanks to Sensei D.E. Chambers whose constant efforts for more than a decade have given birth to a fantastic system of Martial Arts and many memorable moments in the lives of his students and their families.

"Maximum Technique and Power and Hunt for New Maximums."

-Master Fred Simon

Special thanks to Master Fred Simon for his 30 plus years of dedication to expanding the Martial Arts in general and Tae Kwon Do in particular.

"Practice with maximum power and always imagine a target for each blow..."

-Grand Master Jhoon Rhee

Thanks to Grand Master Jhoon Rhee who brought this system of Martial Arts into the United States and who has continued to teach and promote the martial arts tirelessly for the past 50 years.

