

BLACK STRIPE



Form

Sa Rang (33 movements)

Love. The willingness to sacrifice yourself for the benefit of someone or something you believe in.

Blocks

All Previous

Stances

All Previous

Self-Defense

All Previous

Strikes

Elbow From Clinch
Knee From Clinch
Tornado Kick
Jumping Spinning Back Kick
Jumping Spinning Hook Kick

Grappling

Uchimata Throw
Armbar (From Mount)