**1st Degree Black Belt**

**Black Belt Phase One Cobra Transitional Phase One**

Kicking Form 1 Short Form 5 - Clutching Feathers

Two Man set Short Form 6 - Buckling Branch

Short form 11 – Locking horns

Free Sparring

Single Stick (Solo Baston)

Punyo Sumbrada (4 Count)

**Black Belt Phase Two Cobra Transitional Phase Two**

Short form 12 – Striking Hammer Short Form 7 – Thundering Hammer

Single Stick (Solo Baston) Short Form 8 – Flashing Wings

Payong Sumbrada (5 Count)

Sinko Sinko (5 Count)

Free Sparring

**Black Belt Phase Three Cobra Transitional Phase Three**

Taekem-kwan Two Step Sparring Short Form 9 – Cross of Destruction

Standing Kicking Set Short Form 10 – Begging Hands

Blocking Set 1

Single Stick (Solo Baston)

Pakgang (6 Count)

Palakaw Defence (7 Count)

Self Defence

Checking the storm 1-2-3

Mace of aggression

Deflecting hammer **Cobra Transitional 2nd Degree Grading**

Captured twigs

Grip of death

Attacking mace Short Form 11 – Locking Horns

Free Sparring Short Form 12 – Striking Hammer

**Grading to Second Degree Black Belt**

Siniwali (5 count)