

SECOND DEGREE BLACK BELT



SELF-DEFENSE



1. ALL PREVIOUS DEFENSES (GRABS – EMBRACE – ONE STEP – WEAPON)
2. 4 CORNER ATTACKS SINGLE AND DOUBLE ATTACKS + STICK AND KNIFE ATTACKS
3. LONG DISTANCE AND TWO STEP
4. OPEN ATTACK AGAINST KICK, GRAB AND HAND ATTACKS
5. KNIFE CONTROL AND TAKEAWAYS

BASICS

1. REVIEW OF ALL FORMS, BASICS, SPORT AND SELF-DEFENSE
2. L STANCE REVERSE KNIFEHAND LOW AND MIDDLE BLOCK
3. L STANCE REVERSE KNIFEHAND LOW AND MIDDLE BLOCK TO A REGULAR KNIFEHAND BLOCK LOW AND MIDDLE
4. DOUBLE PALM PRESSING BLOCK
5. SMALL CIRCLE SELF DEFENSE
6. 3 SECTION STAFF BLOCKS AND STRIKES
7. DEMONSTRATION OF BASIC FALLING
8. DEMONSTRATE - SNAKE & HAWK APPLICATION



SPORT COMBINATIONS AND DRILLS

- TORNADO KICK
- TWIST KICK
- KUNG-FU ROUNDHOUSE KICK
- KUNG-FU FLIP KICK



FORM AND BUNKAI [APPLICATION]

ALL LOWER FORMS AND

1. TAEGEUK 7
2. TAEGEUK 8
3. SHI PA SHO 9 ANIMALS AND 9 ELEMENTS
4. KUMGANG

PICK ONE OF THE FOLLOWING IN ADDITION TO THE 4 LISTED ABOVE
 ANAKU
 STAVESACRE (FLOWING BO FORM)
 CHOUN-NO-KON



INBETWEEN CYCLE TESTINGS

1. KUMGANG
2. ANY ONE DEMO OF YOUR CHOICE
3. ALL OTHER KATA DONE BEFORE 1ST BB PRETEST (NOT DONE AT COLOR BELT TESTS)



- 1) ORAL AND AWARENESS QUESTIONS
- 2) SPARRING, FREE SPARRING, FLOW SPARRING, FLOOR, 2 ON ONE, BLIND AND TEACHING STYLE
- 3) ATTITUDE -. MUST HAVE PARENT'S AND INSTRUCTOR PERMISSION TO TEST
- 4) CLASS ATTENDANCE - TIME REQUIRED IN LAST RANK [MINIMUM OF TWO YEARS]
- 5) TEST FEE - \$200.00
- 6) WRITTEN - COMPLETE NOTE BOOK AND PAPER ON HOW TO MAKE CLASSES ENERGETIC

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- 7) HELPING - ANY LEVEL CLASS
- 8) DEMO - ANY KIND OF DEMO EXCEPT JUST TALKING
- 9) BREAKING - STUDENTS CHOICE AND 2 BRICKS IF OVER 16
- 10) MUST BE A MEMBER OF NATO
- 11) LOG OF CLASSES YOU HAVE HELPED IN
- 12) ATTENDANCE AND COMPLETION OF ALL BLACK BELT PRETESTS AND REQUIREMENTS
- 13) CONSISTENT ATTENDANCE IN BLACK BELT CLASSES TAUGHT BY A 4TH DEGREE OR ABOVE
- 14) PLAN FOR COMPLETING THE SPIRITUAL, PHYSICAL AND MENTAL REQUIREMENTS FOR 3RD DAN