



TEMPORARY BLACK BELT



SELF-DEFENSE

1. ALL PREVIOUS DEFENSES
2. 4 CORNER AGAINST STICK AND KNIFE ATTACKS
3. 4 CORNER ATTACKS SINGLE AND DOUBLE ATTACKS
4. LONG DISTANCE
5. OPEN ATTACK AGAINST KICK, GRAB AND HAND ATTACKS



BASICS

1. REVIEW OF ALL FORMS, BASICS, SPORT AND SELF-DEFENSE
2. SWORD DRAWS
3. DEMONSTRATION OF BASIC FALLING



SPORT COMBINATIONS AND DRILLS

- 4 DIRECTION KICK
- DOUBLE FRONT SPLIT KICK
- FRONT-SIDE SPLIT KICK



FORM OR BUNKAI [APPLICATION]

ALL LOWER FORMS AND BASSAIE

INBETWEEN CYCLE TESTINGS

- 1 Bassaie
- 2 Open hand self defense demo
- 3 Musical
- 4 Weapons self defense demo

NOTE ABOUT BLACK BELT

ALL STUDENTS NEED TO BE AWARE THAT IT WILL REQUIRE A MINIMUM OF 4 TESTINGS TO COMPLETE THE REQUIREMENTS TO TEST FOR BLACK BELT ONCE YOU HAVE OBTAINED THE RANK OF BROWN WITH BLACK STRIPE. YOU MAY NOT DOUBLE UP ON DEMOS. ALL REQUIREMENTS MUST BE COMPLETED PRIOR TO THE BLACK BELT BOARD OF INQUIRY.

OTHER

1. ORAL AND AWARENESS QUESTIONS
2. SPARRING FREE SPARRING, FLOW SPARRING, FLOOR, 2 ON ONE, AND TEACHING STYLE
3. ATTITUDE HELP IN CLASSES ON A REGULAR BASIS, MUST HAVE A RECORD OF CLASSES HELPED IN. MUST HAVE PARENTS AND INSTRUCTOR PERMISSION TO TEST
4. CLASS ATTENDANCE TIME REQUIRED IN LAST RANK [MINIMUM OF 5 MONTHS]

6. WRITTEN COMPLETE NOTE BOOK, PAPER ON USING OPPOSITES IN MARTIAL ARTS
7. HELPING ANY LEVEL CLASSES
8. DEMO ANY KIND OF DEMO EXCEPT JUST TALKING
9. BREAKING [STUDENTS CHOICE, 3 BOARD SIDE KICK AND 1 BRICK 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. CONSISTANT ATTENDANCE IN BLACK BELT CLASSES TAUGHT BY A 4TH DEGREE OR ABOVE
14. PLAN FOR COMPLETING THE SPIRITUAL, PHYSICAL AND MENTAL REQUIREMENTS FOR 1ST DAN