

1st Degree Testing Requirement For 2nd Dan Rank

- ☯ 1st Dan Syllabus Techniques
- ☯ Weaponry: Dan Bong
- ☯ 25 Black Belt Class Hours
- ☯ 18 Months Minimum + 100 Classes
- ☯ 25 Miscellaneous Techniques Of Your Choice From Color Belt Curriculum
(Must include a minimum of 4 kicks, 4 strikes, 4 self-defense)
- ☯ Assist in Teaching Color Belts At Least Once Per Month
- ☯ Essay "What does Black Belt Mean to Me?"



☯ ABC - Locking Improvement

A (Air). Focus on breathing out throughout movement.

B (Balance). Maintain a good balance, consider your spinal alignment.

C (Control). Keep your arms in your area of control whilst trying to move your opponents outside theirs.

☯ BMT - Throwing Enhancement

B (Break). Break your opponents balance.

M (Make). Make sure you have your balance.

T (Take). Take or accept your opponents balance/weight.

<p>☯ Principle ABC</p> <p>S Lock - Standard V Lock - Sleeve A Bar O - Hug A Bar U - Lever S Lock - V Lock - A Bar O - A Bar U -</p>	<p>☯ Principle BMT</p> <p>Tackle Tornado Fireman's</p>	<p>☯ Hook Punch Defense</p> <p>Throat Sweep Carotid Face Control Step Turning Movement Drill</p>	<p>☯ Kicks</p> <p>Spinning Hook Spinning Heel Spinning Crescent 360 Turning Back</p>
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☯ Black Belt Concepts

<p>☯ Concept - Ground Locking (Front)</p> <p>Hug Leg Bar Wrist Lock Shoulder Lock Knee to Shoulder</p>	<p>☯ Concept - Ground Locking (Back)</p> <p>Shin Bar Figure Four Palm to Floor Wrist Figure 4 Shoulder Extension</p>
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Dan Bong

Strikes

Inward
Outward
Upward
Downward

Basic Blocks

Inward
Outward
Upward
Downward

Cord Blocks

Inward
Outward
Upward
Downward

Palm Blocks

Inward
Outward
Upward
Downward

Release & Grab

Across
Over
Upward
Forward

Compression

Same Hand
Cross Hand
Lapel Grab

S Lock

Same Hand
Cross Hand
Lapel Grab

V Lock

Same Hand
Cross Hand
Shoulder

Arm Bar - Over

Same Hand
Cross Hand
Cross Hand Change

Arm Bar - Under

Same Hand In
Same Hand Out
Shoulder Lever

Chokes

Slide
Sleeper
Compression

Cord

Palm
Reverse Whip
Push Defence