

TESTING CRITERIA

1D SR. BLACK BELT

FORM

GAE - BEAK
+ EXTRA FORM

NEW TECHNIQUES

Twist Kick
Upset Backfist

Twin Palm Block
9 Block

SPARRING

2 - 3 TIMES

BOARD BREAKING

(All board breaking must be approved by the students instructor)

The black belt may do either a three station break or a two station break. A three station break would be a hand technique, a right foot kick and a left foot kick. A two station break would be a hand technique and a jump kick. Jump kicks would include, but not limited to, jump round kick, jump front kick or jump side kick over one obstacle.