

# ***TESTING CRITERIA***

## **3RD DEGREE BLACK BELT**

### ***FORM***

SAM - IL  
+ EXTRA FORM

### ***NEW TECHNIQUES***

Low Upset Spearhand Strike      Ridgehand W Block  
Reinforced Outer Knifehand Block

### ***SPARRING***

2 - 3 TIMES

### ***BOARD BREAKING***

(All board breaking must be approved by the students Instructor and ATF National Testing Committee)

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, a 360 degree jump spin side kick, 360 degree tornado/round kick, jump front kick (holder standing in chairs), jump side kick over three obstacles or a jump spin heel kick. Other jump kicks subject to approval.