

BLACK BELT GRADING

POWER TESTS

WITH EFFECT FROM April 2017

<u>GRADE</u>	<u>TECHNIQUE</u>	<u>CHOICE</u>	<u>MATERIAL</u>
1 st Dan	Any hand (including elbow)	Students	1 black board
	Any rear leg standing kick	Students	1 black board
See notes below			
2 nd Dan	Any hand (not including elbow)	Students	1 black board
	Any rear leg standing kick	Students	1 black board
	Any jumping kick	Students	1 black board
See notes below			
3 rd Dan	Any hand (not including elbow)	Students	1 black board
	Any rear leg standing kick	Students	1 black board
	Any opposite hand (not inc. elbow)	Students	1 black board
	Any opposite kick (jumping technique optional)	Students	1 black board
See notes below			
4 th Dan	Any two different hand (not inc. Elbow)	Students	1 black board
	• Any two different kicks	Students	1 black board
	Any jumping kick	Students	1 black board
See notes below			

Notes:

Females use only 1 white Board at all grades.

Females have the option to use elbow techniques at all grades.

All students under 18 years old to use kick shield instead of Boards.