

## BLACK BELT GRADING POWER TESTS



WITH EFFECT FROM April 2017

| <u>GRADE</u>        | <u>TECHNIQUE</u>                                      | CHOICE               | MATERIAL                       |
|---------------------|---|----------------------|--------------------------------|
| 1 <sup>st</sup> Dan | Any hand (including elbow) Any rear leg standing kick | Students<br>Students | 1 black board                  |
|                     | , my real res startaing kick                          | Students             | 1 black board                  |
| See notes           | below   |                      |                                |
|                     |   |                      |                                |
| 2 <sup>nd</sup> 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 I         | below   |                      |                                |
|                     |   |                      |                                |
| 3 <sup>rd</sup> Dan | Any hand (not including elbow)                        | Students             | 1 black board                  |
| v v                 | Any rear leg standing kick                            | Students             | 1 black board                  |
|                     | Any opposite hand (not inc. elbow)                    | Students             | 1 black board                  |
|                     | Any opposite kick                                     | Students             | 1 black board                  |
|                     | (jumping technique optional)                          |                      | nug'                           |
| See notes l         | below   |                      |                                |
| I <sup>th</sup> Dan | Any two different hand                                |                      |                                |
| Juli                | (not inc. Elbow)                                      | Students             | 4 block be seed                |
|                     | Any two different kicks                               | Students             | 1 black board<br>1 black board |
|                     | Any jumping kick                                      | Students             | 1 black board                  |
|                     |   |                      | 1 black boald                  |
| ee notes b          | elow  |                      |                                |

## 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.