



WORLD MARTIAL ARTS CENTER BLACK BELT TESTING TECHNIQUE, FORMS, ONE-STEPS AND PHYSICAL FITNESS REQUIREMENTS

Basic Movements

Straddle-leg movements: punch, double punch, triple punch, eye gouge, palm heel, web hand, knife hand chop, reverse chop, reverse-middle chop, downward chop, reverse upward chop, horizontal spear hand, vertical spear hand, ridge hand, vertical punch, under punch, uppercut punch, hooking punch.

Forward stance movements: stepping punch, stepping reverse punch, stepping double punch, stepping triple punch, front kick step-down punch

Back stance movements: moving forward, backward and turning around with the low, knife-hand, high, outside and inside blocks. Moving forward, backward and turning around using the <above> blocks with a reverse punch. Moving forward, backward and turning around with the "low chop" and "middle chop" defenses.

Side stance movements: moving forward and backward with the side punch and spinning bottom fist.

Elbow strikes: moving forward and backward with the cross, upward, downward, reverse-middle and reverse-high elbow. Moving forward with the spinning elbow strike.

Kicks

Front kick: Snapping front kicks - standing, sliding, step through. Thrusting front kicks - standing, sliding, step through, switch-step, jumping.

Round kick: standing, sliding, spinning, switch-step, jump spinning, slide up double round kick and spinning double round kick.

Side kick: standing, sliding, spinning, jump spinning, flying. Slide-up double side kick.