



BLACK BELT TEST

Name: _____

Address: _____

City: _____

Phone: _____

Email: _____

Time in Grade: **3 years from beginning of training, (6 months) minimum time in grade from 1st Red).**

Clean Uniform with standard WMAF patch & flag.

Courtesies: Bow, Kneeling & Meditation positions

Stances: Ready, Attention, Straddle, Fighting, Back, Forward Stances, (A) Moving Forward & Backward, Turning Around, Cat Stance, X Stance, Crane.

Punches: ALL.

Open Hand Strikes: ALL

Elbow Strikes: ALL

Knees: ALL

Kicks:

Front: ALL

Round Kick: ALL

Side Kick: ALL

Inside Crescent Kick:

Outside Crescent Kick:

Jumping Inside Crescent:

Jump Spinning Inside Crescent:

BACK KICK: STANDING, STEPPING, SLIDING, SPINNING, JUMP SPINNING.

HEEL KICKS: Standing, Sliding, Spinning.

Defenses: Low, Middle, High & with a Reverse Punch.

Both Sides, Moving Forward & Backward, Inside, Outside, with Reverse Punch, Reinforced Middle, Low Chops.

Footwork: Slide, Stepping, Lunge, (A) Switch Step.

Spin, Skip, Shuffle. Combinations of all.

Fighting Techniques:

6 Feints, Fakes

Jab

Cross

Jab/Cross

Backfist

Reverse Punch

Backfist/ Reverse Punch

Jab/Standing Front Kick

Jab/Standing Front Kick/Jab/Reverse Punch

Jab/Cross Stepping Front Kick

Jab/Cross Stepping Front Kick/Jumping Front Kick

Backfist/Slide Round Kick

Backfist/Slide Round Kick/Backfist/Reverse Punch

Backfist/Standing Side Kick
Lunge Backfist
Lunge Backfist/Reverse Punch
Jab/Cross/Spinning Round
Jab/Cross/Spinning Side
Jab/Cross/Front Kick/Jab/Cross/Round Kick
Jab/Cross/Front Kick/Jab/Cross/Side Kick
(A) Jab/Switch Step Round/Cutkick
(A) Jab/Switch Step Round/Jab/Cross/Cutkick
Jab/Cross/Front/Jab/Cross/SpinRound/Spin Back
kick/Backfist/Reverse Punch.
Backfist/Slide Side/Spinning Back Kick.
SlideJab/Reverse Punch.
Step Through Double Punch.
Step Through Triple Punch.
Roll Backfist/Reverse
Jab/Round/Jab/Cross/Inside Sweep/Hook
Overhand Right/Step Outside Sweep/LeftPunch
SlideJab/ Stepping Reverse Punch
Roll backfist, Reverse Punch
Jab Punch, Inside Crescent, Outside Crescent
Jab, Slide Heel,
Dive Punch, Rear Leg Heel, Backkick
Jab, Cross, Hook, Spinning Heel

Forms: All forms from White Belt-Black Belt.
Basics 1-3, Pyungs 1-5, UFAF 1,2,3, Bo Form (may be waived if from another style).

Attacking Drills 1&2 (plus 1 free style).

Heavy Bag Drills Punching and Kicking.

One Steps:1-10.

Mat Work: All Falling Positions;

Free Style, Jui-Jitsu, Aikido, Judo Techniques

Self Defense Techniques: 25 from various grabs, holds, submissions.

Weapons Disarming Defense

Guns, Knives and other weapons.

PASS _____ **FAIL** _____

Comments: _____
