

BLACK BELT GRADING

POWER TESTS

WITH EFFECT FROM JANUARY 2014

<u>GRADE</u>	<u>TECHNIQUE</u>	<u>CHOICE</u>	<u>MATERIAL</u>
1 st Dan	Any hand (including elbow)	Students	2 White boards
	Any rear leg standing kick	Students	2 White boards

See Notes Below

2 nd Dan	Any hand (not including elbow)	Students	2 White boards
	Any rear leg standing kick	Students	2 White boards
	Any jumping kick	Students	2 White boards

See Notes Below

3 rd Dan	Any hand (not including elbow)	Students	2 White boards
	Any rear leg standing kick	Students	2 White boards
	Any opposite hand (not inc.elbow)	Students	2 White boards
	Any opposite kick	Students	2 White Boards
	(jumping technique optional)		

See Notes Below

4 th Dan	Any two different hand (not inc. elbow)	Students	2 White Boards
	Any two different kicks	Students	2 White boards
	Any jumping kick	Students	2 White boards

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.