

# **BLACK BELT GRADING**

## **POWER TESTS**

*WITH EFFECT FROM April 2017*

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<b><u>GRADE</u></b>	<b><u>TECHNIQUE</u></b>	<b><u>CHOICE</u></b>	<b><u>MALES</u></b>	<b><u>FEMALES</u></b>
1 <sup>st</sup> Dan	Any hand (including elbow)	Students	1 black board	1 white board
	Any rear leg standing kick	Students	1 black board	1 white board

**See notes below**

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2 <sup>nd</sup> Dan	Any hand (not including elbow)	Students	1 black board	1 white board
	Any rear leg standing kick	Students	1 black board	1 white board
	Any jumping kick	Students	1 black board	1 white board

**See notes below**

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3 <sup>rd</sup> Dan	Any hand (not including elbow)	Students	1 black board	1 white board
	Any rear leg standing kick	Students	1 black board	1 white board
	Any opposite hand (not inc. elbow)	Students	1 black board	1 white board
	Any opposite kick (Jumping technique optional)	Students	1 black board	1 white board

**See notes below**

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4 <sup>th</sup> Dan	Any two different hand (not inc. Elbow)	Students	1 black board	1 white board
	Any two different kicks	Students	1 black board	1 white board
	Any jumping kick	Students	1 black board	1 white board

**See notes below**

### **Notes:**

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

**All students under 18 years old to use "Strike Mate" instead of Boards.**