

Family Martial Arts Center

Student _____

Age _____ Student Number _____

**I.D. Size Photo
REQUIRED**

Test form, fee and
picture are due one
week before your test.

ALL AGES 2nd DAN BLACK BELT

Number	Description of Technique	Score
1	Physical Skills – 50 Pushups, 100 Rowing Exercises	
2	Creation Form – (20 Moves) Poomsae	
3	Creation Kicking Combination – (8 Moves) Chuggi	
4	Black Belt Taekwondo Form 2 – Poomsae Keum Gang	
5	Black Belt Karate Form 2 – Kata Kwanku Dai	
6	Dive Tumbling – Men: 3 Obstacles Solar Plexus Level, 7 Obstacles Low – Women: 2 Obstacles Low – Nak Bup	
7	Vital Spot Attacks (7 Spots Front of Face)	
8	Self Defense 19, 20 – Ho Shin Sul – <i>Spear Hand, Sleeper Hold</i>	
9	One Step Punch Sparring 15 – Ilbo Son Kyurugi	
10	Self Defense vs. Gun (Create 2 Techniques) – Ho Shin Sul	
11	Full-contact Free Sparring: 2 on 1 – Kyuroogi	
12	Grappling – Back to Back and Back Press Position with Submission Holds	
13	Breaking – Kyuk Pa (Flying Front Hook Kick -SPEED 2 Boards, Reverse Jumping Roundhouse Kick - SPEED 1 Board - Men – Women: 1 Board on both. Hammer Fist through Concrete Block – Men: 2-2”, Women: 4-1” PLUS Three Elective Breaks – Edan Up Wholeggi, Edan Bondae Dolevo Chuggi, Mae Chu Mok)	
14	Questions/Terminology (96 terms in Korean and Japanese)	
15	Teaching	
16	Essay – The History of Karate – 1 page typed, bound in a cover Autobiography – 1 page typed, bound in a cover	

Please return your test form within one week.

Examiner: _____ **Result:** _____ **Date:** _____