

2nd DAN TEST

NAME:

DATE:

BOARD MEMBER:

Hand Technique: *(Must show marked improvement in fluidity, use of hip, power and speed.)*
((Must be equally proficient going forwards or backwards-no hesitation.))

Ha Dan Mahk Kee (low block, front stance) _____

Also "Tuel Oh", twisting _____

Demonstrate in Hu Jin _____

Sang Dan Mahk Kee (high block, front stance) _____

Also "Tuel Oh", twisting _____

Demonstrate in Hu Jin _____

Ahneso Pahkuro Mahk Kee (inside/outside block, front stance) _____

Also "Tuel Oh", twisting _____

Demonstrate in Hu Jin _____

Pahkeso Ahnuro Mahk Kee (outside/inside block, front stance) _____

Also "Tuel Oh", twisting _____

Demonstrate in Hu Jin _____

Ssang Soo Ha Dan Mahk Kee (two fist low block, front stance) _____

Also "Tuel Oh", twisting _____

Demonstrate in Hu Jin _____

Chun Gul Ssang Soo Ahneso Pahkuro Mahk Kee (two fist, middle block, front stance) _____

Demonstrate in Hu Jin _____

Hu Gul Ha Dan Mahk Kee (low block, back stance) _____

Demonstrate in Hu Jin _____

Hu Gul Sang Dan Mahk Kee (high block, back stance) _____

Demonstrate in Hu Jin _____

Hu Gul Pahkeso Ahnuro Mahk Kee (outside/inside block, back stance) _____

Demonstrate in Hu Jin _____

Hu Gul Ssang Soo Ahneso Pahkuro Mahk Kee (two fist middle block, back stance) _____

Demonstrate in Hu Jin _____

Ssang Soo Sang Dan Mahk Kee (two hand high x-block, front stance) _____

Demonstrate in Hu Jin _____

Hu Gul Ha Dan Soo Do Mahk Kee (low knife hand block, back stance) _____

Demonstrate in Hu Jin _____

Hu Gul Choong Dan Soo Do Mahk Kee _____

(middle knife hand block, back stance)

Demonstrate in Hu Jin _____

Choong Dan Kong Kyuk (middle punch, front stance) _____

Also "Tuel Oh", twisting _____

Demonstrate in Hu Jin _____

Sang Dan Kong Kyuk (high punch, front stance) _____

Also "Tuel Oh", twisting _____

Wheng Jin Kong Kyuk (side punch, horse stance) _____

Demonstrate in Hu Jin _____

Yuk Jin Kong Kyuk (reverse punch, back stance) _____

Demonstrate in Hu Jin _____

Kwan Soo Kong Kyuk _____

(spear hand attack, front stance)

Demonstrate in Hu Jin _____

Soo Do Kong Kyuk (knife hand attack, front stance) _____

Demonstrate in Hu Jin _____

Yuk Soo Do Kong Kyuk (reverse knife hand attack) _____

Demonstrate in Hu Jin _____

Low Block, Reverse High Block in Front Stance _____

Demonstrate in Hu Jin _____

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Low Knife Hand Block in Low Stance _____
Demonstrate in Hu Jin _____

Three Punch Attack _____

High Chop, Reverse Center Punch in Cat Stance _____
Demonstrate in Hu Jin _____

Wrist Palm Attack _____

Kicking: *(Must show marked improvement in fluidity, use of hip, power and speed.)*

Ahp Cha Gi (front snap kick) _____

Yup Cha Gi (front side kick) _____

Dollyo Cha Gi (roundhouse kick) _____

Dwi Cha Gi (back kick) _____

Ahneso Pahkuro Cha Gi (inside/outside kick) _____

Pahkeso Ahnuro Cha Gi (outside/inside kick) _____

Dwi Dollyo Ahneso Pahkuro Cha Gi _____

(short back spinning kick)

Dwi Dollyo Hu Ri Gi Cha Gi (spin hook kick) _____

Moo Roop Cha Gi (knee kick) _____

Hu Ri Gi Cha Gi (hook kick) _____

Same Leg Front Kick, Round Kick _____

Hop Side Kick _____

Hop Hook Kick _____

Same Leg Hook Kick, Round Kick _____

Combo Techniques: *(Must show marked improvement in fluidity, use of hip, power and speed.)*

Ha Dan Mahk Kee (*low block*), Tuel Oh Choong Dan Kong Kyuk (*reverse center punch*), Ahp Cha Gi (*front kick*)

Sang Dan Mahk Kee (*high block*), Tuel Oh Sang Dan Soo Do Kong Kyuk (*reverse high chop*), Yup Cha Gi (*side kick*)

Ha Dan Soo Do Mahk Kee (*low knife hand block*), Choong Dan Soo Do Mahk Kee (*center knife hand block*), Tuel Oh Kwan Soo Kong Kyuk (*reverse spear hand attack*)

Tuel Oh Sang Dan Mahk Kee (*reverse high block*), Hu Gul Jaseh (*cat stance*), Wheng Jin Kung Kyuk (*horse stance punch*)

Tuel Oh Sang Dan Mahk Kee (*reverse high block*), Hu Gul Jaseh (*cat stance*), Tuel Oh Ha Dan Mahk Kee (*reverse low block*), Chun Gul Jaseh (*front stance*), Wheng Jin Kung Kyuk (*horse stance punch*)

Horse Stance Punch, Same Hand Center Knife Block, Reverse Spear Hand Attack

Kata: *(Must show marked improvement in stances, proficiency, fluidity, use of hip, power and speed.)*

Taikyoku Shodan: _____ Taikyoku Nidan: _____

Taikyoku San Dan: _____ Taikyoku Yon Dan: _____

Taikyoku Go Dan: _____ Pinan Shodan: _____

Pinan Nidan: _____ Pinan San Dan: _____

Pinan Yon Dan: _____ Pinan Go Dan: _____

27 Movements: _____ Chil Sung #1: _____

Chil Sung #2: _____ Naihanchi Shodan: _____

Naihanchi Nidan: _____ Seisan: _____

Bassai: _____

Show 2 Bunkai for Each Kata: _____

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Self-Defense Techniques:

(Must show marked improvement in stances, proficiency, fluidity, use of hip, power and speed.)

((Must be able to execute techniques with NO hesitation and still demonstrate proper balance & control.))

Cross Hand Grabs:

#1: _____

#2: _____

#3: _____

#4: _____

Same Side Grabs:

#1: _____

#2: _____

#3: _____

#4: _____

2 on 1 Grabs:

#1: _____

#2: _____

#3: _____

1 on 1 Grabs:

#1: _____

#2: _____

#3: _____

#4: _____

Natural Grab: _____

Unnatural Grab: _____

Behind Short Grab: _____

Behind Long Grab: _____

One Step Sparring:

#1-#18: _____

Immediate Action Drills: *(Must demonstrate Force Matrix and No hesitation in techniques.)*

Stick #1 or #3: _____

Stick #2 or #4: _____

Round Kick: _____

Tackle: _____

Front Kick: _____

1 or 2 Hand Push: _____

Cross Grab: _____

Jab: _____

Cross: _____

Wide Hook: _____

Same Grab: _____

Tackle: _____

1 Hand Choke: _____

2 Hand Choke: _____

Response to Immediate Action Drills: *(Force Matrix)* _____

Weapons: *(Must show marked improvement in fluidity, use of hip, power and speed.)*

Arnis:

Strikes 1—12: _____

Offhand 1—12: _____

Disarms 1—12: _____

Double Siniwalli: _____

Single Siniwalli: _____

Stick Form #1: _____

Left on Right Tapi-Tapi:

#1: _____

#2: _____

#3: _____

#4: _____

Right on Right Tapi-Tapi:

#7 Entry High: _____

#7 Entry Low: _____

Passing with Stick: _____

Passing with Punyo: _____

Passing with Hand: _____

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Bo: *(Must be able to maintain staff level constantly and show decisive strikes.)*

Set #1: _____

Set #2: _____

Set #3: _____

Bo Form #1: _____

J-Block: _____

Broom Block: _____

Nunchaku: *(Must be able to do without hesitation or drops.)*

Basic Takeover *60 in 60 sec:* _____

Over Takeover *60 in 60 sec:* _____

Under Takeover *45 in 60 sec:* _____

Circle Pattern: _____

Matt Work:

(Must show marked improvement in stances, proficiency, fluidity, use of hip, power and speed.)

((Must be able to execute techniques with NO hesitation and still demonstrate proper balance & control.))

Falls from Push: _____

Rolls from Push: _____

Top Mount Escape: _____

Bottom Mount Escape: _____

Pass Guard: _____

All of the following Matt Work Throws are to be done from a live condition.

Drop Shoulder Throw: _____

Spinner Throw: _____

Outer Reaping Throw: _____

Outer Wrist Lock Throw: _____

Inner Wrist Throw: _____

Arm Bar Throw: _____

From Ground:

Round Kick: _____

Side Kick: _____

3 Take-Downs to Standing Opponent:

#1: _____

#2: _____

#3: _____

Switching Sides: _____

Stand-Up Technique: _____

Kyusho Knowledge:

RESTORATION TECHNIQUES:

Hand: _____

Arm: _____

Revival: _____

Foot: _____

Demonstrate 3 Kyusho "Healing" Techniques: *(ie: Toothache, Headache, etc.)*

#1: _____

#2: _____

#3: _____

PRESSURE POINTS:

1: Wrist Release (against the thumb) _____

2: Wrist Release (striking points) _____

3: Front One & Two Hand Choke (Push Off) _____

4: Front One & Two Hand Choke *(wrist lock take-down)* _____

20: Front One Hand Choke (Strike Points) _____

5: Hand Shake Defense (Throw 1, pull thumb back-step back) _____

6: Hand Shake Defense (Throw 2, grab thumb, palm up throw) _____

7: Hand Shake Defense (Striking Points) _____

8: Rear Hair Grab (Spinner Throw) _____

9: Rear Strangle Hold (Drop Shoulder Throw) _____

10: Rear Two Hand Choke (Using Thumbs) _____

11: Side Head Lock (Groin Grab) _____

12: Side Head Lock (Pants, Collar Throw) _____

13: Arm Lock Defense (Throw) _____

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14: Cross Hand Wrist Grab (Strike Points) _____

15: Two Finger Hold _____

16: Arm Lock Defense (Spin Kick) _____

17: Front Two Hands Wrist Grab (Bang Points) _____

18: Front Two Hands on Lower Arm (Grab Fist Pull Out) _____

19: Fan Technique _____

21: Rear Two Hand Wrist Grab (Throw) _____

22: Rear Strangle & Armlock (See #9) _____

23: Upper X Technique _____

24: One Hand Push (Use Roll Point) _____

26: Front Two Hand Choke (Using Leg Points) _____

27: Overhead Attack _____

28: Step Over Knee Lock (or Round House Kick Defense) _____

29: Bent Elbow Wrist Lock _____

30: Pistol Grip Hold _____

31: Rear Two Hand Choke _____

32: Rear Two Hands on Shoulders _____

33: Reverse Armbar _____

34: Front Two Hand Wrist Grab (use point in center of chest) _____

35: Rear Two Hand Wrist Grab _____

36: Half Nelson 9 (see Reverse Armbar #33) _____

37: Full Nelson _____

38: Uppercut Punch _____

39: Armlock Defense _____

40: Wrist Lock Hold Down _____

41: Front Face Lock _____

Trace 12 Main Meridians & Give—Charge, Element, Alarm Points & Associated Points:

(Explain & Demonstrate Each)

#1: _____ #2: _____

#3: _____ #4: _____

#5: _____ #6: _____

#7: _____ #8: _____

#9: _____ #10: _____

#11: _____ #12: _____

Show Additional 5 Kyusho Points on Head:

#1: _____ #2: _____ #3: _____ #4: _____ #5: _____

List 5 Ways of striking Pressure Points:

#1: _____ #2: _____

#3: _____ #4: _____

#5: _____

General:

Must be able to plan & conduct a class from start to finish: _____

Explain what work you have accomplished since achieving 1st Dan: _____

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Assignment:

Written Essay: *(700 words-typed, double spaced with cover sheet.)*

“How has My Training Changed since 1st Dan?”

Project Declaration: *(Must be typed, double spaced with cover sheet)*

“My Project for Decided 2nd Dan Is:”

Decided 2nd Dan Requirements:

(These are only for after Recommended 2nd Dan has been received. Generally requires 4 to 6 months.)

LEADERSHIP:

Assist in Dojo Projects & Classes; both in planning & execution.

Assist in Testings & Evaluations.

Must attend a minimum of Two Classes Per Week with one class being a Black Belt Class.

250 Random Acts of Kindness

EMPATHY TRAINING:

(These hours do not have to be done consecutively but must be done in the presence of an Authorized Observer. Other ideas for training will be considered)

12 hours in a Wheelchair: _____

12 hours as a Mute: _____

12 hours Blind: _____

Vocabulary:

Must be comfortable with the languages used in each class.