

ONE BLACK STRIPE

SECOND KYU



HAND TECHNIQUES

Bent wrist strikes (Horizontal, upward, downward, diagonal upward, diagonal downward)	☐ ☐ ☐
Looping punch	☐ ☐ ☐
Looping ridgehand	☐ ☐ ☐
Palm corner strike	☐ ☐ ☐

STAMINA AND STRENGTH

Pushups: 20 palm	☐ ☐ ☐
Pushups: 20 fingertip	☐ ☐ ☐
Pushups: 20 knuckle	☐ ☐ ☐
Pushups: 15/15 one arm	☐ ☐ ☐

BLOCKING TECHNIQUES

Bent wrist blocks (3 levels)	☐ ☐ ☐
Palm corner block	☐ ☐ ☐
Palm push to elbow	☐ ☐ ☐

BOARD BREAKING

One set by weight One direction, 2 trials Under 100 lbs - 1 Board 100 - 154 lbs - 2 Boards 155 lbs and up - 3 Boards	☐ ☐ ☐
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BLOCKS AND PUNCHES

Palm push	☐ ☐ ☐
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LEG TECHNIQUES

Spinning reverse crescent kick	☐ ☐ ☐
Reverse dropping kick	☐ ☐ ☐
Flying back kick*	☐ ☐ ☐
Flying wheel kick*	☐ ☐ ☐

KATA AND APPLICATIONS

Empi (Flying swallow)	☐ ☐ ☐
Empi Applications	☐ ☐ ☐
Bo 2	☐ ☐ ☐
Bo 2 Applications	☐ ☐ ☐

SELF DEFENSE & SPARRING

Knife defense (behind neck)	☐ ☐ ☐
Free sparring (3 rounds)	☐ ☐ ☐
Corner reversal (sumi gaeshi)	☐ ☐ ☐

PHILOSOPHY AND LEADERSHIP

Ten Stages of Growth Nobody Learner Worker Fighter Achiever Winner Teacher Leader Thinker Philosopher (Nobody)	☐ ☐ ☐
Five Loves of a Sensei Teaching Sharing Students Martial arts Growth	☐ ☐ ☐
Five Negatives in Teaching Don't ridicule any student Don't make discriminatory remarks Don't push students excessively hard (to avoid burning them out) Don't show favoritism Don't lose your composure	☐ ☐ ☐
Written paper - two pages (Brief bio, reasons for training, lessons learned, etc.)	☐ ☐ ☐
Assistant teaching (Consistent assisting as a brown belt)	☐ ☐ ☐
Attend IATC before Black Belt test	☐