

TWO BLACK STRIPES

FIRST KYU



HAND TECHNIQUES

Bearhand strikes (Horizontal, vertical)	☐ ☐ ☐
Bearhand knuckle strike	☐ ☐ ☐
Thumb knuckle strike	☐ ☐ ☐
Forefinger knuckle strike	☐ ☐ ☐
Middle knuckle strike	☐ ☐ ☐
One finger strike	☐ ☐ ☐
Two finger strike	☐ ☐ ☐

BLOCKING TECHNIQUES

Funnel block	☐ ☐ ☐
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BLOCKS AND PUNCHES

All previous with counters	☐ ☐ ☐
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LEG TECHNIQUES

Jump spinning reverse crescent kick*	☐ ☐ ☐
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KATA AND APPLICATIONS

Chinte (Beautiful Hands)	☐ ☐ ☐
Chinte Applications	☐ ☐ ☐
Bo 3	☐ ☐ ☐
Bo 3 Applications	☐ ☐ ☐

SELF DEFENSE & SPARRING

Knife defense (4 directions)	☐ ☐ ☐
Free sparring (3 rounds)	☐ ☐ ☐
Crossed arm throw (juji nage)	☐ ☐ ☐
Hip wheel (koshi guruma)	☐ ☐ ☐
4 directions throw (shiho nage)	☐ ☐ ☐

STAMINA AND STRENGTH

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

BOARD BREAKING

Two sets by weight Two directions, 4 trials Under 100 lbs - 1 Board (both) 100 - 154 lbs - 2 Boards (both) 155 - 174 - 2 & 3 Boards 175 lbs and up - 3 Boards (both)	☐ ☐ ☐
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PHILOSOPHY AND LEADERSHIP

Twelve "tions" for Teaching Simplification Explanation Demonstration Repetition Correction Motivation Creation Interrelation Communication Reflection Evaluation Dedication	☐ ☐ ☐
Five Trues for Love of Life True friendship True love True happiness True peace True freedom	☐ ☐ ☐
Public speaking - three minutes (how training has influenced life)	☐ ☐ ☐
Assistant teaching (Consistent teaching as a 1 Black Stripe)	☐ ☐ ☐
Attend IATC before Black Belt Test	☐