

# 2<sup>nd</sup> Dan 2<sup>nd</sup> Gup to 3<sup>rd</sup> Dan Black Belt

## **Terminology, Knowledge**

All Previous Terms and Knowledge

Essay – (What Does Martial Arts Mean To You, How Have You Benefited From It, How Will You Give Back To It?)

Read: Karate – Do (Written Report On How It Relates To You As A Person And A Martial Artist)

## **Hand Techniques**

- 1) Cover with left hand, high palm with right
- 2) Reverse Punch (Body) Uppercut
- 3) All Previous Requirements

## **Kicking**

- 1) Double Kick (Round, Ax)
- 2) Double Skip Back, Jump Back Kick
- 3) All Jumping Kicks)\*\*
- 4) All Previous Requirements

## **Self Defense Techniques (Ho Shin Sool)**

- Grab (1 – 12)
- Takedown (1 – 8)
- Gun (1 – 6)
- Bat Defense (1 – 2)
- Bull Rush (1)
- Full Nelson
- Headlock
- Arm Bar
- Both Arms Hooked
- Leg Being Held
- Mounted Position
- Being Pushed (1 - 3)
- Being Choked (1 - 5)

## **Forms**

All Previous Forms

## **Breaking**

6 Targets - Self Held/Drop Punch or Chop, Front Kick (Ball Of Foot), Penetrating Cut Kick (3 Boards Minimum), Cement Break, 1 Random (Instructor's Choice) 1 Technique Of Your Choice

## **Weapons**

Proficiency With A Weapon  
(1 Form and 5 Self Defense Techniques (1-Steps))

## **Physical Fitness**

Push-Ups (Male – 75, Female – 50)  
Sit-Ups – 100 (Male & Female)  
Consecutive Round Kicks 300 (150 Each Leg)

## **Experience**

3 Years As 2<sup>nd</sup> Dan Black Belt (Unless Approved By Master Instructor)

**\*\* Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**