



2ND DEGREE TESTING REQUIREMENTS

ADVANCED KICKS

- Step Over Spinning Swing Kick
- Flying Spinning Swing Kick
- Tornado Kick
- Sky-hold Side Kick (L1-L4/L5)
- Autobahn
- Pop-Hook
- Cheat 720
- Spinning Pulling Axe
- Spinning Pulling Round
- Scissor Kick

POWER KICKS

- Step Over Spinning Back Kick
- Jump Spinning Crescent Kick
- Jump Spinning Back Kick
- Jump Turning Round Kick
- Flying Side Kick
- Flying Side/Spinning Back Kick
- Shuffle Axe
- Jump Spinning Swing Kick

KICKS COMBINATIONS

- Spinning Swing/Round Kick/Axe Kick
- Side/Round(Level 1), Side/Round (Level 2), Swing/Round (Level 3), Side (Level 1), Round (Level 4 or 5)
- Shuffle Axe Kick, Jump 360

- ❑ Step over Swing, Tornado, Pop Hook, AutoBahn
- ❑ Rear Leg Ax Kick (set back), Jump Turning Round Kick, Jump Spinning Swing Kick
- ❑ Front Kick (set back), Double Spinning Swing Kick, Jump Spinning Swing Kick
- ❑ Pulling Round Kick, Pulling Side Kick, Spinning Pulling Back Kick
- ❑ Spinning Swing Kick, Slide-up Sweep, Step Over Spinning Swing Kick

COMBINATIONS

- ❑ Step Jab, Jump Spinning Back Kick, Middle Punch, Turning Round Kick, Jab, High Punch, Ridgehand
- ❑ Front Kick (set back), Double Spinning Swing Kick, Jump Spinning Swing Kick
- ❑ Step Jab, High Punch, Step Over Spinning Swing Kick
- ❑ Step Jab, Step Jab, High Punch, Turning Round Kick, High Punch
- ❑ PJ-8: Slide-up Jab, Step High Punch, Back Leg Sweep, Uppercut/Grab, Round Kick, High Punch, Back Leg Sweep, Uppercut
- ❑ Step Jab, Jump Spinning Back Kick, Jump Turning Round, Kick, High Punch, Front Kick
- ❑ Pulling Double Round Kick, Spinning Swing Kick, High Punch, Front Kick, Backfist, Middle Punch, Ridgehand
- ❑ Pulling Swing Kick/Round Kick, Pulling Side Kick, Blitz
- ❑ Step Jab, Sliding Sweep, High Punch
- ❑ Sliding Swing Kick/Round Kick/Side Kick, Jab high Punch, Uppercut
- ❑ Step Over Spinning Swing Kick, High Punch, Front/Round Kick
- ❑ Step Jab, Spinning Swing Kick/Round Kick, High Punch, Jump Front Kick
- ❑ Slide-up Jab, High Punch, Flying Side Kick
- ❑ Pulling Swing Kick, High Punch, Uppercut, High Punch, Turning Round Kick
- ❑ Slide-up Uppercut, Superman Punch, Step Over Spinning Swing Kick, High Punch
- ❑ Contemporary #1: Chop, Punch, Step Over Spinning Swing Kick, Tornado Kick, Chop, Punch
- ❑ Boxing #1: Jab, Jab, High Punch, Front Shield, High Punch, Slip, Slip, Front Hook, Uppercut

- Boxing #2: Jab, High Punch, Uppercut, High Punch, Left Shield, Right Shield, L Uppercut, R Uppercut, Jab, High Punch
- Boxing #3: Jab, High Punch, Hook, High Punch, Roll, High Punch, Front Hook, Roll, Body Hook, Head Hook, High Punch
- Boxing #4: Jab, High Punch, Front Shield, Rear Shield, Hook, High Punch, Roll, High Punch, Step Rutter High Punch

SELF DEFENSE

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| <ul style="list-style-type: none"> <input type="checkbox"/> Back Mount with Choke <input type="checkbox"/> Straight Punch #1: Parry, Rib Punch, Side Choke <input type="checkbox"/> Double Lapel: Push/Pull Takedown <input type="checkbox"/> Shoulder Grab: Come Along <input type="checkbox"/> Straight Punch #2: Parry, Clothesline, Rear Choke <input type="checkbox"/> Rear Strangle: Turn to Face, Sweep <input type="checkbox"/> Double Wrist Grab: From Behind <input type="checkbox"/> Haymaker: Shield/Palm, Guillotine <input type="checkbox"/> Front Choke: Finger Shove/Wrist Lock Takedown | <ul style="list-style-type: none"> <input type="checkbox"/> Stick: Double Block, Wrap, Crash, Hit <input type="checkbox"/> Sprawl to Back Control <input type="checkbox"/> Clinch to Shoulder Throw <input type="checkbox"/> Double Leg Takedown <input type="checkbox"/> Single Leg Takedown (Knee Defense) <input type="checkbox"/> Hip Toss <input type="checkbox"/> Guard Pass <input type="checkbox"/> Arm Bar (From Mount and Guard) <input type="checkbox"/> Side Mount Defense |
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BOARD BREAKING (Pick 4 of 6)

- Advanced Kick
- Hand Technique or Elbow
- Elbow Smash
- Double Board Break
- Flying Side Kick
- Break six boards in under 12 seconds

SPARRING/FORM

You can choose to complete either these sparring or form requirements. You are not required to complete both for a 2nd Degree Black Belt.

SPARRING

- 2 rounds of 30 Seconds 2 on 1
- 3 rounds of 60 Seconds Boxing
- 3 Point Fights (score to 5; must have a cumulative score greater than 10 from all 3 rounds)
- Develop your core 5 combinations for sparring

1. _____

2. _____

3. _____

4. _____

5. _____

FORM

Create and perform a unique karate form with a combined total of at least 45 hand and kicking techniques 2nd Degree Test.

- Creative Form
