

Black Belt Requirements

Attributes:

- 50 push-ups
- 50 crunches
- 3 minute round of jump rope
- 6 3-minute rounds on the heavy bag
- 5 minutes horse stance
- 5 minutes sitting on the wall

Sparring:

- Spar two on one demonstrating use of position and technique
- 3 rounds of sparring with various partners
- Demonstrating proper slipping
- Demonstrate ability to intercept and destroy attacks

Self-defense:

- Demonstrate proper escapes and strikes from various positions
- Teachers as strangers will try to drag student to a location in gym (avoid)

Kicks:

Front, side, oblique, crescent (inside & outside), Thai, axe, spinning side, spinning crescent, back, scoop, behind the knee, foot stomps, jumping kicks, outside hook, crab, bear, from prone to standing

Hand Techniques (all with power & form):

Jab, cross, upper cut, overhand, shovel hook, palm strikes, inside & outside chop, backfist, hammer fist, ridge hand, finger jab, combinations

Other Attacks:

Elbows (vertical, horizontal, descend, spinning, backward); Knees (ascending, Thai, hooking); Head butt; Forearm strikes; backward hip thrust

Trapping:

- 116 wing chun dummy techniques
- Pak da (slap hand), Lop da (grab hand), Tan da (plate hand), Bong sao, Jao sao, Jut sao, Straight blast
- Chi sao
- Lop sao drill

Hubud:

- Angles 1-6, elbow
- Incorporate: silat sweeps, dumog, takedowns, tai chi sail, pananjakman, lop sao & locks

Takedowns:

Single leg, double leg, leg sweep, hip throw, kaki kenjit, puter kapala, dumog, leg catch, plum, arm bar, ankle pick, behind back hip grab

Grappling:

Escapes from every position
Proficiency in various locks for wrist, elbow, arm and leg
Proficiency in various chokes
Sombrada drill
Positions flow drill
4 rounds of grappling with various partners

Weapons

Escrima: Siniwali drills (2 stick), Single stick: snake disarms, quick release disarms, Sombrada to largo mano to hubud to punyo sombrada flow and disarms

Knife: Disarm flow drill, Sombrada, Numerata

Nunchucks: Proficiency, keep flowing for one minute

Quarterstaff: Staff Kata, Sombrada

Terminology:

Pananjakman

Jab, Cross

SDA, ABC, PIA, HIA, ABD

Dumog

Silat

Punyo

Feint

Fake

Pendulum

Four ranges of combat

Name six styles we draw from and what countries they originate from