



2ND DEGREE TESTING REQUIREMENTS

ADVANCED KICKS

- Step Over Spinning Swing Kick
- Flying Spinning Swing Kick
- Tornado Kick
- Autobahn
- Spinning Pulling Ax Kick
- Spinning Pulling Round 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 Kick/Spinning Back Kick
- Shuffle Ax Kick
- Jump Spinning Swing Kick

KICK COMBINATIONS

- Spinning Swing Kick/Round Kick/Ax Kick
- Side/Round (Level 1), Side/Round (Level 2), Swing/Round (Level 3), Side (Level 1), Round (Level 3)
- Shuffle Ax Kick, Jump 360
- Step Over Spinning Swing Kick, Tornado Kick, 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
- 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 Kick/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, StepOver 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, 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

- Back Mount with Choke
- Straight Punch #1: Parry, Rib Punch, Side Choke
- Double Lapel Grab: Push/Pull Takedown
- Shoulder Grab: Come Along
- Straight Punch #2: Parry, Clothesline, Rear Choke
- Rear Strangle: Turn to Face, Sweep
- Double Wrist Grab: From Behind
- Haymaker: Shield/Palm, Guillotine
- Front Choke: Finger Shove/Wrist Lock Takedown
- Stick: Double Block, Wrap, Crash, Hit
- Sprawl to Back Control
- Clinch to Shoulder Throw
- Double Leg Takedown
- Single Leg Takedown (Knee Defense)



SPARRING/FORM

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

SPARRING

- 2 Rounds of 20 Seconds 2 on 1
- 2 Rounds of 60 Seconds Boxing
- 2 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.

- Creative Form
