



Second Degree Black Belt

IN ADDITON TO EVERYTHING LEARNED AT THE PREVIOUS LEVEL(S)

1st Segment Test at 12 Months

Classical Basics

1. All Under Black Belt Marching Basics
2. Sudo Block + High Block + Punch
3. Sudo Block + Low Block + Punch

Kicking Basics

1. All Under Black Belt Level Kick

X-Ray Paper Kicks

1. All Under Black Belt Level Kicks
2. Spin Wheel Kick
3. Step Through Spin Wheel Kick (Favorite Leg)
4. 15 Multiple Tornado Kick

Pad Kicks

1. All Under Black Belt Level Kicks
1. Back Leg Thrust Kick + Defensive Side Kick Combo
2. Offensive Side Kick + Defensive Turn Side Kick Combo
3. 360 Side Kick
4. 360 Round Kick (Favorite Leg)

Board Breaks

1. Students must break a total of 4 board

Samurai

2. Bunkai Two
3. Sword Sparring

Sparring

2nd Segment Test at 24 Months

IN ADDITON TO EVERYTHING LEARNED AT THE PREVIOUS SEGMENT(S)

Knife Defense

Angled Slash

1. Defender steps in towards the attacker while performing a block to the attacker's wrist and a punch to their face.
2. Defender snakes the arm with the knife while striking with two knees to their groin.
3. Defender strikes with two hammer fists to the back of the attacker's neck.
4. The defender reaches over and mocks the attacker's grip on the knife.

5. The defender steps out of the snake while rolling the attacker over to a goose neck position.
6. The defender puts pressure on the wrist and peels the knife out of the attacker's grip.
7. Defender ends in a fighting stance with the knife ending in the hand by their solar plexus.

Knife Placed at the Side of the Neck (Attackers Palm is Down)

1. Defender raises both hands up at the same level the knife is at.
2. The defender moves their neck back as the defender grabs the attacker's wrist and pushes it down and across the attacker's body like a seat belt and steps in towards the attacker.
3. The defender has a straight arm with the hand containing the weapon while also striking with their free hand with a palm heel strike to the attacker's face.
4. The defender mocks the attacker's hand with the knife.
5. The defender slides back putting the attacker in a "thinking pose"
6. The defender follows up with a back leg front kick to the groin.
7. The defender applies pressure to the attacker's wrist and then strips the knife out of their grip.
8. Defender ends in a fighting stance with the knife ending in the hand by their solar plexus.

Stab

1. Defender raises both hands up slightly above the height of the knife.
2. As the stab moves in, the defender side steps like the Red Belt Push defense.
3. The attackers arm brushes past the defenders.
4. The defender grabs the attacker's wrist and pushes it down and across the attacker's body like a seat belt and steps in towards the attacker.
5. The defender has a straight arm with the hand containing the weapon while also striking with their free hand with a palm heel strike to the attacker's face.
6. The defender mocks the attacker's hand with the knife.
7. The defender slides back putting the attacker in a "thinking pose"
8. The defender follows up with a back leg front kick to the groin.
9. The defender applies pressure to the attacker's wrist and then strips the knife out of their grip.
10. Defender ends in a fighting stance with the knife ending in the hand by their solar plexus.

Ice Pick

1. The defender moves in towards the attacker's downward stab.
2. The defender performs a high block to the attacker's wrist while the free hand punches to the attacker's face.
3. The defender pushes the attacker's hand with knife past the attacker's body.
4. The defender follows up with two knees to the groin.
5. The defender reaches over and mocks the attacker's grip on the knife.
6. The defender steps out while rolling the attacker over to a goose neck position.
7. The defender puts pressure on the wrist and peels the knife out of the attacker's grip.
8. Defender ends in a fighting stance with the knife ending in the hand by their solar plexus.

Gun Defense

Gun Pointed at Mid Back

1. Defender raises both hands up lower than the height of the gun.

2. The defender turns their body towards the attacker while the leading arm wraps the arm with the gun in a lower snake position.
3. The defender follows up with an elbow strike to the face.
4. The defender strikes with two knees to the groin.
5. The defender reaches over with the free hand and grips the slide of the gun.
6. The defender twists the gun to break the attacker's finger and pulls off the broken finger to free it.
7. The defender pistol whips the attacker on their way out.
8. The defender points the gun at the attacker with their finger at the side of the trigger.

Gun Pointed Lower Back with The Attackers Free Hand on The Shoulder

1. Defender raises both hands up lower than the height of the gun.
2. The defender dips and turns their body towards the attacker while the leading arm wraps the arm with the gun in a lower snake position.
3. The defender follows up with an elbow strike to the face.
4. The defender strikes with two knees to the groin.
5. The defender reaches over with the free hand and grips the slide of the gun.
6. The defender twists the gun to break the attacker's finger and pulls off the broken finger to free it.
7. The defender pistol whips the attacker on their way out.
8. The defender points the gun at the attacker with their finger at the side of the trigger.

3rd Segment Test at 30 Months

IN ADDITION TO EVERYTHING LEARNED AT THE PREVIOUS SEGMENT(S)

Makato

"Integrity"

Zhang Do Moon

"Beginning the Mission"