

# 1<sup>st</sup> Dan Black Belts - Rotation One

Candidates will be asked to demonstrate selected techniques from the list below.

## TECHNIQUES

- Double straight punch (Horse Stance), Reverse punch 45 degrees (Front Stance)
  - Defence Drill 5 (Head Parrys, Head Covers, Body Parrys, Body Covers, Low Kick Checks, Weave Left then Right, Flying Knee)
- Slip left, Left Hook(Body), Left Hook(Head), Right Cross, Left Switch Kick, Spinning Hook Kick
  - Jab, Cross, Rear Round Kick, Left Hook, Right Uppercut, Switch Knee
    - Left Round Kick x 5, Right Round Kick x 5
    - Lead Hook Kick, Spinning Hook Kick

## ESCAPES

Single arm Wrist Grab  
Double arm Wrist Grab  
Bear Hug underarms (From Rear)

## FORMS

Focus Form  
Power Form

## PAD WORK

Selected techniques from the techniques section

## SPARRING

Multiple rounds