



KICK PUNCH FU BLACK BLACK Requirements



1. Technique :

- a. Kicks: Student must be able to perform front ball kick, front snap kick, back kick, roundhouse kick, side kick, front-side kick, inside crescent kick, sliding front-ball kick, axe kick, pike kick, jumping front-ball kick, spinning back kick and tornado kick.
- b. Strikes: Student must be able to perform 16 strikes: front-two-knuckle jab & cross, thrust punch, palm strike, hammer fist, hook punch, upper cut, back fist, eagle claw, knife strikes, snake bite, spear hand, cheetah paw, cheetah mouth, ridge hand and two-finger poke.
- c. Break Falls: Student must perform a front tuck, right and left shoulder roll, back break fall, right & left arm drag break falls and front break fall.
- d. Blocks: Student must be able to perform the 10-point blocking system with various counters of increasing effectiveness.
- e. Stances: Student must be able to demonstrate the proper 'ready stance,' 'guard stance,' 'horse stance,' 'cat stance,' 'eagle stance' and dragon stance.
- f. Pushups: Student must be able to perform 50 pushups.
- g. Self Defense Basics: Student must be able to demonstrate step-block-strike technique combinations with increasing effectiveness. Student must be able to demonstrate evade, retreat and advance technique with counter attack combinations of increasing effectiveness.
- h. Self Defense against a grab: Student must be able to subdue attacker from the following grabs: single and double lapel grab, headlock, hair grab, two-handed choke, bear hug, grab from behind, two-handed wrist

grab, full-nelson and rear choke. Student must be able to subdue attacker with come-along and figure-four.

- i. Self Defense against an attack: Student must perform a minimum of eleven self-defense techniques.
- j. Directional Attacks: Student must demonstrate the ability to defend against any type of attack from the front, side or back, including multiple attackers.
- k. Holds & Submissions: Student must be able to demonstrate a snake-wrap, headlock, bear hug, collar clutch, wrist lock (come-along), figure-four, arm bar, leg lock and chokes.
- l. Takedowns: Student must be able to perform five takedown maneuvers, such as, Trip takedown, headlock takedown, 2-handed reaping throw, push-pull, corkscrew, reaping throws 1 & 2, hip throw, reverse-choke suicide throw, arm drag takedown, shoulder throw and reaping throw 3.
- m. Heavy Bag Student: will be required to demonstrate proper punching and kicking techniques for up to a five-minute period.
- n. Sparring: Student will be required to spar with other students and/or Black Belts for a specified period of time. Student must demonstrate various attack and defense techniques.
- o. Grappling: Student will be required to demonstrate specific grappling techniques including: guard position, applying arm bars, leg locks and chokes from various positions, and reversal techniques. Student must also demonstrate up to six different choke techniques and must be able to differentiate between chokes and neck restraints.
- p. Weapons Self Defense: Student must be able to defend against knife and club attacks.
- q. Board Breaking: Student must be able to break a stack of five boards. Student must also be able to break single boards using various kicks and strikes.
- r. Forms: Student must be able to perform 20 KICK PUNCH FU forms + Any 5 weapon forms.

2. **Fitness Level** : Should be examined for 30 minutes on all basic fitness criteria's according to examiner specs based on student age and general fitness level.
3. **Knowledge and information** : 30 questions about KICK PUNCH FU and different type martial arts(oral/written)
4. **Sequence Dynamic Demonstration** : 8 technique basic land gymnastic , Musical Forms , Self-defense forms
5. **Fighting ability** : 10 rounds each for 3 minute

