

Zaino's Martial Arts Gym

School Testing Requirements

Black Belt

1. You will be ask to perform the following from all previous tests (White thru Brown):
 - A. Stances: Dachi
 - B. Blocks: Uke
 - C. Punches and Strikes: Zuki and Uchi
 - D. Kicks: Geri – Double Kicks / Jumping Kicks / Spinning Kicks
Combination Kicks
 - E. Falls and Rolls
 - F. Take downs / Sweeps / Leg checks
2. Self Defense:
 - A. Against open hand techniques
 - B. Against weapons
 - C. Frontal and rear attacks
 - D. Close range attacks
3. Forms: Kata
 - A. Perform one beginner, intermediate, and advanced Form
 - B. Perform two of the following Black Traditional Forms: Sei Yun Chin / San Sai Ryu
Sai Pi / Ba Sa Dai / Dan In Sho
 - C. Perform two of the following Black Open Forms: Mu Gin No Ryu / Em Pai Ryu Chi
Con Du Sa Dai / Tension
4. Weapon: Perform one Advanced Weapon Form with weapon of choice.
5. Sparring: 6 matches / against multiple opponents
6. You must write a 2 to 4 page essay on your advancement and experiences in the Martial Arts. You must include why or why not you would want to have your own school.

