

NAKA - BLACK BELT TEST SCRIPT

DEMO

- Master Candidates Only
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WARM UP

- Horse stance - single punches to the front - 10 Repetitions
 - Horse stance, pivoting to front stance - punches at a 45 to the head level - 10 Reps
 - Fighting stance - Jab, cross - 5 right, 5 left
 - Fighting stance - Jab, cross, hook - 5 right, 5 left
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BASIC KICKS

- Front Stance - Front stretch kicks - Right and Left - 10
 - Fighting Stance - Front leg front snap kick (Skitch Kick) - R & L - 5
 - Front Stance - Rear leg - in to out crescent kick - R & L - 5
 - Side Stance - Step behind side thrust - R & L - 5
 - Fighting Stance - Lateral step, then rear leg roundhouse - R & L - 5
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FORMS

- Ki Bon
- Kicho
- Kyuki Il Chang
- In Nae - 1st Dan & Up (including master candidates)
- Shin Jung - 1st Dan & Up (including master candidates)
- Individual Weapon Forms (2 groups of 5)

- Kyuki Yee Chang
- Kyuki Sam Chang
- Guen Bon
- Pil Sung - 2nd Dan & Up (including master candidates)
- Jung Gi - 2nd Dan & Up (including master candidates)
- Individual Weapon Forms (2 groups of 5)

- Chon Ji In Il Chang
- Chon Ji In Yee Chang
- Shim Hwa - 3rd Dan & Up (including master candidates)
- Jee Sung - 3rd Dan & Up (including master candidates)
- Chang Do - master candidates
- Individual Weapon Forms (2 groups of 5)

One Hour Mark

KICKING COMBINATIONS - 5 each side

- **Fighting Stance** - Jab, cross, inside to outside axe kick (rear leg) **Land forward & slide back**
- **Front Stance** - Rear leg out to in crescent, spin back, reverse palm heel **Slide back**
- **Fighting Stance** - Rear leg front snap, rear leg roundhouse, spin back kick **Land & Turn (back and forth)**
- **Fighting Stance** - Lead leg front snap (Skitch Kick), rear leg double roundhouse, spin half-hook kick **Land & Turn (back and forth)**

FORMS

- Chon Ji In Sam Chang
- Ka Chi
- Sa Rang
- Man Nam - Regular Speed (6 people @ a time)
- Ukemi no Kata - Falling Form to candidates ability

1.5 Hour Mark

ONE STEPS - 5 R & 5 L Hand then switch partners

- Predetermined starting partner for first minute **(first defense a take down)**
- Rotate clockwise to new partner for additional minutes
 - *looking for control while working with a smaller, younger, shorter, taller partner*
- Repeat above 3 to 5 times
- Candidate must demonstrate **at least one takedown on each "new" partner**
 - *Judo, Hapkido, etc*
- **BB candidates**
 - **2 Hapkido & 2 Judo finished with control**

SELF-DEFENSE - Alternating Sides

- Predetermined starting partner
- Every technique must end in control
 - *Attacker is on the ground or taps out*
 1. Same Side Wrist Grab
 2. Cross Hand Wrist Grab
 3. Double Lapel Grab
 4. Two Hands on One Wrist Grab
 5. Two Hand Front Choke
 6. Side Shoulder Grab
 7. Rear Bear Hug
 8. Side Head Lock
 9. Rear Naked Choke

FALLS - Down the length of the floor **Combination of all falls (2 passes to their ability)**

PINS & ESCAPES - BB Only

- Uki Picks the pin (lighten up after 10 seconds)
- Tori Picks the pin (lighten up after 10 seconds)
- Switch position

FREE STYLE KICKING - Down the length of the floor

- Four passes
- To individuals ability - can include flying kicks, rolls, flips, etc.

Two Hour Mark

BLACK BELT WEAPONS FORMS (black stripes will get sparring gear on)

- Jung Do (sword)- 1st Dan & Up (including master candidates)
Walk in with bokken on right, put in belt (left side), kneel (left then right), dead toes, breadth, live toes, begin. At end, switch bokken to right side.
- Choong Sung (tonfa) - 2nd Dan & Up (including master candidates)
- Joong Yong (sai) - 3rd Dan & Up (including master candidates)
- Oh Jae (kama) - master candidates
- Goo Bong (cane) - master candidates

HAPKIDO

- "24 Count" - 1st Dan & Up
- Lock Flow Drill - 2nd Dan & Up

SPARRING

- Full gear (3 two minute rounds)

BOARD BREAKING

- Black Stripes 1 Board (candidate chooses break)
- 1st Dan 2 Boards (1 or 2 breaks, candidate chooses)
- 2nd Dan 3 Boards (no more than 2 boards at a time)
- 3rd Dan 4 Boards (no more than 2 boards at a time)

TERMINOLOGY

- Candidates should be prepared to answer question regarding terminology for techniques and commands throughout the test (examples: name 3 stances in Korean, name 3 throws in Japanese)