

# Black Belt Club

## BBC Qualification Test

### How to pass your BBC Test

- Download and print this test section and practice all of the techniques.
- Check with an instructor that you know EVERYTHING to an acceptable level.
- Download and complete the BBC, checklist, application form and write a letter.
- Bring these to SMA and arrange a BBC Conference.
- At the BBC conference we will arrange a time to do your BBC test.
- Bring this page to the BBC test.
- Pass ALL of the techniques listed on this page at the BBC test.

**For more information on the techniques within the test, go to the pages below or refer to the online BBC videos on the SMA website.**

<b>Uniform &amp; Belt</b>	<b>Result</b>	<b>Signed</b>
<b>Belt tying</b> Correct knot, an even coil at back, ends are of the same length		
<b>Stances</b>		
<b>Walking Stance (Short stance):</b> Explain & demonstrate as below		
<b>Forward Front Stance:</b> Explain & demonstrate		
a) it's purpose		
b) feet position		
c) knee position		
d) shoulder position		
e) How to turn with:		
i) Front foot on 'train tracks' to		
ii) 'tight rope'		
iii) pivot		
iv) then front foot back to train tracks'		
If you are not sure about this move then ASK		
<b>Horse Riding Stance Hand Moves</b>		
<b>Triple Punching</b> (low, middle, high punch) Not rushed & with correct action		
<b>Low Block</b> (Both arms must have correct action)		
<b>Basic Movements</b>		
<b>Basic Movement Drill - 3</b> See below. If you are not sure about this drill then ASK		
<b>Basic Forward Stance Moves</b>		
<b>Single Middle Punch</b> (same arm & same leg)		
<b>Rising Face Block</b> (same arm & same leg)		
<b>Outside Body Block</b> (same arm & same leg)		

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### Walking stance

Walking stance or short stance as it is also commonly called is most used in Poomsei.

It's literally just moving your foot forward in a natural way, like you do when you are walking.

This stance is used to move quickly through sequences that involve kicking and to keep the body in a 'natural' position.

The most common mistakes when doing walking stance is 'thinking' too hard and keeping your feet too close together.

Also, when concentration lapses it is common for the differences between forward stance and walking stance to become blurred so that they look the same.

Ensure that this does not happen as it makes the Poomsei look sloppy.



Walking Stance

### Forward Stance

Forward stance is critical in the execution of form moves such as Poomsei, one step sparring, basic movements and self defence because it allows you to transfer your body weight forward which generates power into your hand strikes, blocks and punches.

To find an accurate Left forward stance, stand with your feet one shoulder width apart with your feet parallel. From here, move the Left foot one step forward into walking stance and then another step.

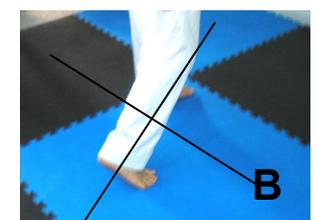
Then bend the Left knee - this is vital as it helps protect the knee joint in the advent of it being kicked. The toes of the Right foot move slightly to the Right side.



Correct Forward Stance

The most common mistakes are:

- To have the rear toes pointing to the side too much which has the effect of twisting your hips away from being aligned with the shoulders (fig A).
- Not bending the front knee (fig A).
- Not having the feet shoulder width apart (fig A).
- Lifting the back heel off the ground (fig B).
- Not keeping the back knee straight (fig B).



A correct forward stance is when the feet are shoulder width apart in a way that is like standing on imaginary 'railway tracks' (fig C).

**Remember, if you are unsure about anything, watch the video or ASK**

