

How to pass your BBC Test

- **Download and print the test section below and practice all of the techniques.**
- **Check with an instructor to see if 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**

The criteria for passing the BBC is as follows:

- 1) **Knowledge of technique**
- 2) **Execution of technique**
- 3) **Confidence**

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.



Black Belt Club

ABN: 35 655 906 808

Stage 3 Snr

Name:

Forward Stance Hand Moves	Result	Signed	Date
Cleaving Block Forward Stance			
Back Stance Hand Moves			
Low Knife hand Block Back Stance			
1) Single Middle Knife Hand Block to 2) Knife Hand Body Block to 3) Low Knife hand block in Back stance (All 3 moves with each step)			
Cat Stance			
Cat Stance: Explain & demonstrate			
Purpose..... Feet position..... Knee position..... Shoulder position.....			
Basic Movements			
Basic Movement Drill - 9 (With FULL 'pull push', technical accuracy, breath control & Gihap)			
Poomsae Sequences			
Taeguk Chil Jang: 1)..... 2)..... 3)..... 4)..... 5).....			
Poomsae			
Taeguk E Jang: Correct stances, Correct 'pull push', Starting & finishing on exactly the same spot			
Taeguk O Jang: Correct stances, Correct 'pull push', Starting & finishing on exactly the same spot			
Taeguk Chil Jang: Correct stances, Correct 'pull push', Starting & finishing on exactly the same spot			
One Step Sparring			
Move 1:..... Move 2:..... Move 3:..... Move 4:..... Move 5:..... Move 6:.....			
Move 7:..... Move 8:..... Move 9:..... (Must be done on <u>both</u> sides with correct distance & angles)			
Kicking			
Reverse Back Kick: (Standing, no jumps)			
Reverse Back Kick Combination: (ATG, Standing, no jumps)			
All Kicks with 100% Alignment with kicking leg & standing leg (both sides)			
Self Defence			
SMA Unarmed 3 Right: SMA Unarmed 3 Left:			
SMA Unarmed 4 Right: SMA Unarmed 4 Left:			
SMA Knife 1 Right: SMA Knife 1 Left:			
SMA Club 1 Right: SMA Club 1 Left:			
Uniform, Belt & Manner			
Uniform: Belt tying: Manner: Etiquette:			
Fitness			
20 x Pushups 20 x Sit ups (Must have correct action)			
Skipping: 3 x 1 minute rounds (No stopping)			