

## 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 2 Snr

Name: .....

<b>Forward Stance Hand Moves</b>	<b>Result</b>	<b>Signed</b>	<b>Date</b>
<b>Back Fist Strike Forward Stance</b>			
<b>Ridge Hand Strike Forward Stance</b>			
<b>Spear Hand Strike Forward Stance</b>			
<b>Back Stance Hand Moves</b>			
<b>Knife Hand Body Block Back Stance</b>			
<b>Outside Knife Hand Strike Back Stance</b> (Palm down)			
<b>Inside Knife Hand Strike Back Stance</b> (Palm up)			
<b>Twisting Stance</b>			
<b>Twisting Stance:</b> Explain & demonstrate			
Purpose..... Feet position..... Knee position..... Shoulder position.....			
<b>Basic Movements</b>			
<b>Basic Movement Drill - 6</b> (With FULL 'pull push', breath control & Gihap)			
<b>Poomsae Sequences</b>			
<b>Taeguk O Jang:</b> 1)..... 2)..... 3)..... 4)..... 5).....			
<b>Poomsae</b>			
<b>Taeguk O Jang:</b> Correct stances, Correct 'pull push', Starting & finishing on exactly the same spot			
<b>One Step Sparring</b>			
<b>Start &amp; Finish procedure</b>			
Move 1:..... Move 2:..... Move 3:..... Move 4:..... Move 5:..... Move 6:.....			
<b>Kicking</b>			
<b>6 x Single Side Kicks:</b> Full 180' pivot on standing leg (both sides)			
<b>6 x Hook Kicks:</b> Full 180' pivot on standing leg (both sides)			
<b>6 x Turning Kick, Side Kick, Hook Kick combination</b>			
<b>Tornado Kick:</b> (Standing, no jumps)			
<b>Tornado Kick Combination:</b> (ATG, Standing, no jumps)			
All Kicks with 100% Alignment with kicking leg & standing leg (both sides)			
* Height at least between 'V' on uniform & chin (both sides) * N/A over 35's			
<b>Self Defence</b>			
<b>SMA Unarmed 1 Right:</b> ..... <b>SMA Unarmed 1 Left:</b> .....			
<b>SMA Unarmed 2 Right:</b> ..... <b>SMA Unarmed 2 Left:</b> .....			
<b>Uniform, Belt &amp; Manner</b>			
<b>Uniform:</b> ..... <b>Belt tying:</b> ..... <b>Manner:</b> ..... <b>Etiquette:</b> .....			
<b>Fitness</b>			
<b>20 x Pushups</b> ..... <b>20 x Sit ups</b> ..... (Must have correct action)			
<b>Skipping: 2 x 1 minute rounds</b> (No stopping)			