

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 1 Jnr

Name:

Uniform & Belt	Result	Signed	Date
Belt tying Correct knot, an even coil at back, ends are of the same length			
Stances			
Choombi Stance: 10 seconds from 'at ease'			
Choombi Stance: 10 seconds from Forward Stance Punch			
Walking Stance: Explain application & demonstrate			
Forward Stance Hand Moves			
Outside Knife Hand Strike Forward Stance (Palm down)			
Inside Knife Hand Strike Forward Stance (Palm up)			
Back Stance			
Back Stance: Explain application & demonstrate a) it's purpose..... b) feet position.... c) knee position.... d) shoulder position.... e) How to turn.... f) Back Stance to Forward Stance (tight rope to train tracks & moving foot forward)			
Back Stance Hand Moves			
Single Knife Hand Block Back Stance (Must have correct action)			
Middle Punch Back Stance (Both arms must have correct action)			
Basic Movements			
Basic Movement Drill - 4 (With FULL 'pull push', breath control & Gihap)			
Poomsae			
Taeguk E Jang: Correct stances			
Taeguk E Jang: Correct 'pull push'			
Taeguk E Jang: Starting & finishing on exactly the same spot			
One Step Sparring			
Start & Finish procedure			
Move 1: Move 2: Move 3:			
Kicking			
6 x Single Turning Kicks: Full 180' pivot on standing leg (both sides)			
100% Alignment with kicking leg & standing leg (both sides)			
* Height between 'V' on uniform & chin (both sides) * N/A over 35's			
Double Turning Kick on Paddle pad:			
Pad at 45' (Both sides)			
Pad at 90' (Both sides)			
Wrist Grab Escapes			
1..... 2..... 3..... 4..... 5..... (Both sides)			
Fitness			
10 x Pushups..... 10 x Sit ups..... (Must have correct action)			
Skipping: 1 x 30 minute rounds (No stopping)			