

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 Jnr

Name:

Forward Stance Hand Moves	Result	Signed	Date
Back Fist Strike Forward Stance			
Ridge Hand Strike Forward Stance			
Spear Hand Strike Forward Stance			
Back Stance Hand Moves			
Knife Hand Body Block Back Stance			
Outside Knife Hand Strike Back Stance (Palm down)			
Inside Knife Hand Strike Back Stance (Palm up)			
Twisting Stance			
Twisting Stance: Explain & demonstrate			
Purpose..... Feet position..... Knee position..... Shoulder position.....			
Basic Movements			
Basic Movement Drill - 6 (With FULL 'pull push', breath control & Gihap)			
Poomsae Sequences			
Taeguk O Jang: 1)..... 2)..... 3)..... 4)..... 5).....			
Poomsae			
Taeguk O Jang: Correct stances, Correct 'pull push', Starting & finishing on exactly the same spot			
One Step Sparring			
Start & Finish procedure			
Move 1:..... Move 2:..... Move 3:..... Move 4:..... Move 5:..... Move 6:.....			
Kicking			
6 x Single Side Kicks: Full 180' pivot on standing leg (both sides)			
6 x Hook Kicks: Full 180' pivot on standing leg (both sides)			
6 x Turning Kick, Side Kick, Hook Kick combination			
Tornado Kick: (Standing, no jumps)			
Tornado Kick Combination: (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			
Self Defence			
SMA Unarmed 1 Right: SMA Unarmed 1 Left:			
SMA Unarmed 2 Right: SMA Unarmed 2 Left:			
Uniform, Belt & Manner			
Uniform: Belt tying: Manner: Etiquette:			
Fitness			
20 x Pushups 20 x Sit Ups (Must have correct action)			
Skipping: 2 x 40 second rounds (No stopping)			