



GOLDEN EAGLE MARTIAL ARTS



Rank Promotion Test Shodan—Black Belt 1st°

Student: _____ Date: _____ Testing Instructor: _____

Pre-requisites

- ____ 1 year of active training and teaching
- ____ Teach 1 technique class
- ____ Teach 1 kata class
- ____ Teach 1 self defense class

Waza - Technique

- ____ San Ju Ni Kihon Waza
- ____ 3-Part Hand Combinations #1
- ____ 3-Part Hand Combinations #2
- ____ 3-Part Hand Combinations #3
- ____ 3-Part Hand Combinations #4
- ____ 3-Part Leg Combinations #1
- ____ 3-Part Leg Combinations #2
- ____ 3-Part Leg Combinations #3
- ____ 3-Part Leg Combinations #4
- ____ 3-Part Hand/Leg Combinations #1
- ____ 3-Part Hand/Leg Combinations #2
- ____ 3-Part Hand/Leg Combinations #3
- ____ 3-Part Hand/Leg Combinations #4
- ____ Chikara Chudan Gyaku Tsuki
- ____ Chikara Taisho Uche—Palm Heel Strike
- ____ Chikara Haito Ushe—Ridgehand Strike
- ____ Chikara Supin Uraken Uche—Spinning Backfist
- ____ Chikara Empi Uche—Elbow Strike
- ____ Chikara Shuto Ochiru Uche—Overhead Knifehand
- ____ Chikara Kin Geri
- ____ Chikara Mawashi Geri
- ____ Chikara Yoko Geri
- ____ Chikara Ushiro Geri
- ____ Chikara Ura Mawashi Geri
- ____ Chikara Supin Makazuki Uchi Geri—Power Spinning Inside Crescent Kick
- ____ Chikara Mae Tobi Geri
- ____ Chikara Yoko Tobi Geri

Tameshiwari - Breaking

- ____ 5 Technique Multi-directional Combo
- ____ 4 Board (Min.) Power Hand
- ____ 4 Board (Min.) Power Foot

Ippon Jiko Boei - One Step Self Defense

- ____ Roundhouse Punch
- ____ Chest Punch
- ____ Groin Punch
- ____ Face Punch
- ____ Front Snap Kick
- ____ Roundhouse Kick
- ____ Side Kick
- ____ Spinning Back Hook Kick

Jiko Boei - Self Defense

- ____ Cross Arm Grasp
- ____ Parallel Arm Grasp
- ____ Double Arm Grasp
- ____ Front Choke
- ____ Rear Choke
- ____ Headlock
- ____ One Hand Lapel Grasp
- ____ Two Hand Lapel Grasp
- ____ Bear Hug (Rear. Arms Free)
- ____ Bear Hug (Rear, Arms Pinned)
- ____ Bear Hug (Front. Arms Free)
- ____ Bear Hug (Front, Arms Pinned)
- ____ Sleeper Hold
- ____ Hair Pull (Front)
- ____ Hair Pull (Rear)
- ____ Rape Attack
- ____ Full Nelson
- ____ Rear Shoulder Grasp
- ____ Two-Man Attack #1

- ____ Two-Man Attack #2
- ____ Club (Overhead)
- ____ Knife (Overhead)
- ____ Knife (Thrust)
- ____ Knife (Slash)
- ____ Gun (Front)
- ____ Gun (Rear)
- ____ Staff (Thrust)
- ____ Staff (Overhead)

Kata - Forms

- ____ Taikyuko Shodan
- ____ Taikyuko Nidan
- ____ Taikyuko Sandan
- ____ Heian Shodan
- ____ Heian Nidan
- ____ Heian Sandan
- ____ Heian Yondan
- ____ Heian Godan
- ____ Gekesai Dai
- ____ Sanchin
- ____ Tsukino
- ____ Bassai Dai
- ____ Bunkai—Advanced kata

Kobudo - Weapons

- ____ Taikyuko Shodan Bo
- ____ Inuwashi Do Dento-tekina Bo

Kumite - Sparring

- ____ Circle Sparring - Twice Around
- ____ Two Minutes (One on One)
- ____ Two Minutes (Two on One)
- ____ Two Minutes (One on One)

Interview