



Young Americans Schools of Self-Defense

TESTING FORM FOR RANK PROMOTION TO 1ST DAN BLACK BELT

The definition of a 1st Dan Black Belt in the Young Americans system is, “*the student who has mastered the learning and execution of every technique from white belt through 1st Dan Black Belt.*”

TESTING REQUIREMENTS FOR 1ST DAN BLACK BELT:

(please note that each student must recognize and demonstrate mastery for each technique listed below)

- I. **Blocking Techniques:** high block, low block, outward middle block, inward middle block, double knife block, double fist block, high X block, low X block, middle block/low block combination, slap block, double low knife block, double high block, star block, scissors block, spread block, back hand block, ridge hand block, double side block, wedge block, crane stance leg block, middle block/low X block combination.
- II. **Striking Techniques:** single punch, palm strike, double punch, elbow strike, spear hand strike, knife hand strike, hammerfist strike, back fist strike, inward knifehand strike, spinning back fist, cobra hand strike, double upper-cut punch, tiger-mouth strike, knee strike, phoenix-eye strike, rear elbow strike, side punch strike, wrist strike, double fist strike.
- III. **Kicking Techniques:** front kick, side kick, round house kick, rear (back) kick, inside crescent, reverse crescent, back straight kick, hook kick, jumping front kick, jumping side kick, rear kick/front kick combination, spinning back roundhouse, spinning crescent, jumping roundhouse, ax kick, jump-spinning-back straight kick, flying side kick, jump-spinning-back hook kick, flying double side kick, jumping double front kick, lead leg front kick, lead leg roundhouse kick.
- IV. **Kata:** Must exhibit mastery on moves 1 through 66.
- V. **Escape Techniques:** Must demonstrate proficiency in defending against the following types of attack: one arm grab attack, frontal choke, rear choke, double lapel grab, punch to the face, “full nelson” grab, rear bear hug grab, frontal bear hug grab, tackle attack, shove to the chest, lying on back while being choked by the assailant, rear choke with the garotte, rear arm lock, leg sweep attack, “head-butt” attack, frontal gun, rear gun attack, two assailant attacks (one in front/one behind; then one on each side of the victim).

VI. New Techniques for 1st Dan Black Belt:

- a. Blocks: Double Arm Wedge Block; Knife-Hand High X Block; Knife-Hand Low X Block.
- b. Strikes: Ripping-Hand Thrust; Vertical Fist Punch; Vertical Spear Hand Strike.
- c. Kicks: Falling Roundhouse Kick (this kick is executed while laying on your side on the floor), Falling Side Kick.
- d. Kata: Moves 61 through 66.
- e. Escapes: 1) Defend against a shoulder grab when assailant is in front of victim.
2) Defend against a frontal attack (grab or choke) when the victim is seated in a chair (this is known as a vulnerable position defense).
- f. Sparring: Sparring multiple opponents. May spar the instructor, if required.
- g. Board Breaking: Will need to be able to do a three-board combination break on the 1st Dan Black Belt Test.
- h. Written Essay: Each candidate for 1st Dan Black Belt must submit an essay to the instructor which addresses the following questions:
 - 1. What was the reason (motivation) that you joined the self-defense program back “in the beginning?”
 - 2. What have you learned about yourself, others, and life in general since you started your training in the martial arts?
 - 3. What is a “black belt” student, in your opinion?
 - 4. What are your future goals in the martial arts?
 - 5. What are your life goals for one year from now? Five years from now? Ten years from now?

NOTE: Not every student who is currently Red Belt, Black Stripe will successfully pass the 1st Dan Black Belt Test on their first attempt (many black belt candidates have had to re-take the test several times before passing); **DO NOT** be discouraged if you are asked to retake the test. **NEVER** give up! **REMEMBER**, success is a marathon and not a sprint.

Name of Candidate for 1st Dan Black Belt _____

Instructor _____

Passed Test _____

Re-take Test _____