

THE WAY INSTITUTE OF MARTIAL ARTS

1st Dan – 2nd Dan PRE-TESTING REQUIREMENTS

Class Requirements:

50 Class Minimum In 8 Months • 10 Sparring • 20 Assistant Classes In 8 Months

Panel Testing: 2 Times Per Year

Pre-Test 1.8 - (8 months after Black Belt)

- Forms:** 1 - Called-Off Basic
1 - Called Off Intermediate Or Bassai,
Nianchi Cho Dan
Design Form
- 1-Steps:** 4 Empty Hand vs. Empty Hand
2 of Six Mandatory Knife Defense
- Throws:** 10 White to Black Mandatory Throws
- Self Defense:** 1 On 1
- Kicking Combinations –** Into targets:
1 Linear ½ of kicks must be Jump
1 Circular with Offensive Jump Turning Heel ½ of kicks must be Jump
- Sparring:** 1 On 1
- Breaking:** 4 Boards - (1 With Each Limb)

Pre-Test 1.16 - (16 months after Black Belt)

- Forms:** 1 - Called-Off Basic
1 - Called-Off Intermediate Or Bassai,
Nianchi Yi Dan
Nianchi Sahn Dan
Weapons Design Form
- 1-Steps:** 4 Empty Hand vs. Empty Hand
4 Empty Handed vs. Weaponed Attacker
- Self Defense:** 1 On 1
- Kicking Combinations –** Into targets:
1 Linear ½ of kicks must be Jump
1 Circular With Offensive Jump Turning Heel ½ of kicks must be Jump
- Sparring:** 1 On 1
- Breaking:** 4 Boards - (1 With Each Limb)

2nd Dan BLACK BELT TEST REQUIREMENTS

ESSAY: My growth as a Black Belt over the past two years.

FORMS: 9 Total

- 1 - randomly called off basic form
- 1 - randomly called off intermediate form,
Pyong An Oh Dan through Nianchi Sahm Dan
- Empty-handed design form (with or without music)
- Weapon design form (with or without music)

1-STEPS: 10 Total

- 4 – Empty-handed with any attack
- 2 – Kicking on each right and left
- 6 – Mandatory Knife Defenses

SELF DEFENSE:

- 1 on 1
- 2 on 1

COMBINATIONS: 5 TOTAL

2 - Linear Kicking Combinations: Into Striking Shield

- 1 - ground combination - candidate's composition
- 1 - jumping - candidate's composition (*all kicks must be jump*)

2 - Circular Kicking Combinations: Into Hand Target

- 1 - ground combination - candidate's composition
- 1 - jumping - candidate's composition (*all kicks must be jumping and it should include an offensive jump-turning heel kick*)

SPARRING:

- 1 on 1
- 2 on 1

BOARD BREAKING:

10 Boards Total – Blue Dot is for Offensive Jump Turning Heel

Adults and Teens over 120 lbs: (3) with candidate's choice of hand techniques all other boards kicking breaks

Candidates less than 120 lbs: (4) with candidate's choice of hand techniques all other boards kicking breaks.