

# **THE WAY INSTITUTE OF MARTIAL ARTS**

## **3<sup>rd</sup> Dan – 4<sup>th</sup> Dan PRE-TESTING REQUIREMENTS**

*\*If you are a studio owner or a lead instructor (actively teach three (3) or more days per week), you are not required to pretest.*

*\*\* This is the only exception to the pre-testing requirement. \*\**

### **Pre-Test 3.12 (12 months after your 3<sup>rd</sup> Dan Black Belt Test)**

- Forms:** Pyong An Oh Dan  
1- Random Nianchi Form  
**Jindo**
- 1-Steps:** Any 4 Attacks with or without a weapon
- Self Defense:** 1 on 1 Self Defense and  
4 Counters to locks
- 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 any break(s)

### **Pre-Test 3.24 (24 months after your 3<sup>rd</sup> Dan Black Belt Test)**

- Forms:** Bassai  
1- Random Nianchi Form  
**Jion**
- 1-Steps:** Any 4 Attacks with or without a weapon
- Self Defense:** 1 on 1 Self Defense and  
4 Counters to locks
- 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 any break(s)

### **Pre-Test 3.36 (36 months after your 3<sup>rd</sup> Dan Black Belt Test)**

- Forms:** 1- Random Nianchi Form  
**Rohai**  
**Koon San Gun**
- 1-Steps:** Any 4 Attacks with or without a weapon
- Self Defense:** 1 on 1 Self Defense and  
4 Counters to locks
- 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 any break(s)