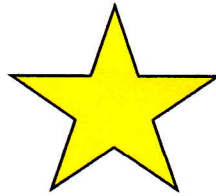


**Junior Black Belt  
Star Grading**



**After 1 Year at 1st Dan  
TEST FOR 1 STAR**

- Line work
- Choice of coloured belt pattern
- Choice of 1st Dan pattern
- Pad Work:  
Power Test  
Any hand technique (including elbow) to a kickshield.  
Choice of the right or left hand, using the correct attacking tool and executing full power.
- 1 Step sparring
- Free Sparring x 2 rounds.
- Theory