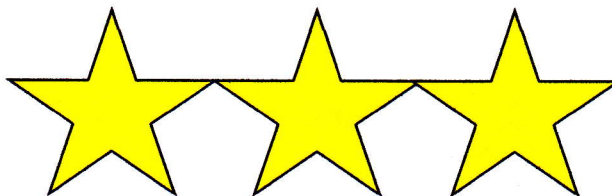


Junior Black Belt
Star Grading



After 3 Years at 1st Dan
TEST FOR 3 STARS

- Line work
- Choice coloured belt pattern
- Perform all three 1st Dan patterns
- Pad Work:
Power test:-
Any hand technique (including elbow) to a kickshield and any rear leg standing kick to a kickshield.
Choice of right or left techniques, using the correct attacking tools and executing full power.
- 1 Step sparring
- Free Sparring x 2 rounds.
- Theory