

# GOLDEN EAGLE MARTIAL ARTS



## Rank Promotion Test Nidan—Black Belt 2nd°



Student: \_\_\_\_\_ Date: \_\_\_\_\_ Testing Instructor: \_\_\_\_\_

### Pre-requisites

\_\_\_\_ 1 Year active training and teaching

### Kumite - Sparring

\_\_\_\_ Go Aite Kumite - 5 consecutive opponents  
7 1/2 minutes minimum to 10 minutes maximum

### Waza - Technique

- \_\_\_\_ San Ju Ni Kihon Waza
- \_\_\_\_ 3-Part Hand Combinations #1
- \_\_\_\_ 3-Part Hand Combinations #2
- \_\_\_\_ 3-Part Leg Combinations #1
- \_\_\_\_ 3-Part Leg Combinations #2
- \_\_\_\_ 3-Part Hand/Leg Combinations #1
- \_\_\_\_ 3-Part Hand/Leg Combinations #2

### Interview

### Ippon Jiko Boei - One Step Self Defense

- \_\_\_\_ Chosen by Master Instructor
- \_\_\_\_ Chosen by Master Instructor

### Jiko Boei - Self Defense

- \_\_\_\_ Chosen by Master Instructor
- \_\_\_\_ Chosen by Master Instructor
- \_\_\_\_ Chosen by Master Instructor

### Kata - Forms

- \_\_\_\_ Chosen by Master Instructor
- \_\_\_\_ Chosen by Master Instructor
- \_\_\_\_ Chosen by Master Instructor
- \_\_\_\_ Sanchin
- \_\_\_\_ Bunkai—Geksai Dai

### Kobudo - Weapons

- \_\_\_\_ Inuwashido Dento-tekina Bo or another weapon

### Tameshiwari - Breaking

- \_\_\_\_ 4 Station Break Routine
  - Must include
    - 1 power break of 4+ boards
    - 1 break with a hand technique
    - 1 break with a kick