

1st Dan

If you are a Junior Blackbelt, you must complete these compulsory 'Choshos' before proceeding to 1st Dan.

- JBB Framework
- Bleep test
- Playground self defence
- Explosive spadework

Fitness

1 x 10 minute skip

60 pushups

60 squat thrusts

60 crunches

Lower limb techniques

- Front & step front Round & step round
- straight knee (upward)
- crescent & step crescent
- downward kick & step downward
- side snap, side thrust & step side thrust
- heel & step heel
- thigh kick (inside and out)
- inside knee strike
- 'Long' knee strike (forward)
- 'Short' knee with grab (forward)
- 'Skip' knee (alternate leg with grab)
- shin block (straight)
- shin block (across)
- turn back
- turn heel

Upper limb techniques

- Jab & Front cover
- Cross & Side cover
- Hook (back hand)
- Uppercut (front hand)
- Uppercut (back hand)
- Jab, cross
- Double jab, cross
- Jab, cross, hook
- Jab, cross, uppercut
- Screw punch

Combinations

Any combination of 3,4 or 5 hand/leg techniques chosen by the examining panel.

Concepts

- Cover & counter attack
- Move forward & backward
- Good guard/hand position
- Use of combinations in sparring
- Lateral movement
- Slips & rolls
- Combinations in sparring
- Timing and adjustment of timing in sparring etc.
- Reasonable ring/area craft & awareness
- Fakes and feints
- Tactical sparring (adapting to opponent)
- Use of high level technique