

# 2ND DAN REQUIREMENTS

## 2ND DEGREE BLACK BELT

1 / 4

### General Requirements

- Fluency in all skills required for 1st Dan.
- Submission of written essay.
- Minimum training-time since attaining 1st Dan: 1 year; 720 hours.

### Defense Against Punches (25)

#### Avoid + Strike (5)

- 1 Slip in, L Str Punch, Weave out, R Str Punch <sup>1</sup>
- 2 Slip out, R Str Punch ribs, L Str Punch jaw <sup>2</sup>
- 3 Turn (L Shoulder Parry), R Palm Heel to head <sup>5</sup>
- 4 R Lead Front Kick, L Low Side Kick <sup>6</sup>
- 5 L Turning Back, R Back Side Kick <sup>8</sup>

#### Block + Hold (10)

- 1 Inside-Block Arm Bar <sup>1</sup>
- 2 Driving Shoulder Lock <sup>3</sup>
- 3 X-Block Arm Bar <sup>4</sup>
- 4 Wrap-Block Arm Bar (sweep) <sup>5</sup>
- 5 Wrap-Block Arm Bar (pin) <sup>6</sup>
- 6 Scoop Shoulder Lock <sup>7</sup>
- 7 Inside-Lift Shoulder Lock <sup>11</sup>
- 8 Outside-Chop Shoulder Lock <sup>13</sup>
- 9 Inside-Chop Shoulder Lock <sup>14</sup>
- 10 Passing Shoulder Lock <sup>15</sup>

#### Block + Throw (10)

- 1 Two-Hand Shoulder Throw <sup>2</sup>
- 2 Outside Shoulder Throw (pass) <sup>4</sup>
- 3 Inside Shoulder Wheel <sup>5</sup>
- 4 Outside Shoulder Wheel <sup>6</sup>
- 5 Inner-Thigh Reap Throw <sup>9</sup>
- 6 Wrapping Throw <sup>11</sup>
- 7 Head-Shoulder Hip Throw <sup>12</sup>
- 8 Hook Foot Sweep Throw <sup>15</sup>
- 9 Hand Sweep Throw <sup>16</sup>
- 10 One-Hand Reap Throw <sup>19</sup>

### Defense Against Kicks (26)

#### Block + Strike (10)

(using hand strikes and kicks)

- 1 F: Desc Elbow Blk, Spear Hand <sup>4</sup>
- 2 F: Inside Low Blk, Str Punch, Hook <sup>5</sup>
- 3 S: Hook Blk, Desc Knife, Ridge Hand <sup>12</sup>
- 4 S: Outside Scoop Blk, Axe, Roundhouse <sup>13</sup>
- 5 R: Wrap Blk, Desc Elbow, Tiger Mouth <sup>18</sup>
- 6 R: 2-Hand Wrap, Roundhouse, Side Kick <sup>20</sup>
- 7 R: Inside Leg Blk, Side Kick, Hammer Fist <sup>22</sup>
- 8 H: 2-Hand Wrap, Rising Knee, Side Kick <sup>26</sup>
- 9 H: Twin Live Blk, Inside Elbow, Front Knee <sup>27</sup>
- 10 H: Inside Blk, Turning Hammer Fist, Back Kick <sup>28</sup>

#### Block + Hold by grabbing hand (4)

- 1 H: Outward Wrist Lock <sup>1</sup>
- 2 S: Inside Twisting Arm Lock <sup>2</sup>
- 3 F: Outside Twisting Arm Lock <sup>3</sup>
- 4 S: Leg Lift + Forearm Arm Bar <sup>4</sup>

#### Block + Throw (12)

- 1 F: Two-Hand Scoop Throw <sup>3</sup>
- 2 S: Leg Pull Throw <sup>4</sup>
- 3 F: Achilles Shin-Press Throw <sup>7</sup>
- 4 R: Knee-Press Throw <sup>8</sup>
- 5 R: Inside Leg-Twist Throw <sup>9</sup>
- 6 S: Outside Leg-Twist Throw <sup>10</sup>
- 7 R: Back Knee Throw <sup>15</sup>
- 8 H: Leg Tackle Throw <sup>16</sup>
- 9 R: Leg Inner Reap Throw <sup>17</sup>
- 10 S: Leg Outer Reap Throw <sup>18</sup>
- 11 S: Leg-Lift Slam Throw <sup>23</sup>
- 12 S: Leg-Lift Rear Throw <sup>24</sup>

F = Front Kick

S = Side Kick

R = Roundhouse Kick

H = Hook or Spin Kick

### DEFENSE AGAINST HOLDS (74)

#### Against Wrist Grab (31)

##### Opposite Wrist Grab (8)

- 1 Inverted Arm Bar <sup>5</sup>
- 2 Gooseneck Lock <sup>6</sup>
- 3 Outward Wrist Lock (elbow jam) <sup>8</sup>
- 4 Scoop Wrist Lock <sup>9</sup>
- 5 Elbow Hammer Lock <sup>11</sup>
- 6 Elevated Wrist Lock <sup>12</sup>
- 7 Descending Elbow Arm Bar <sup>13</sup>
- 8 Outside Hip Throw <sup>14</sup>

##### Cross-Wrist Grab (6)

- 1 Outside Hip Wheel <sup>7</sup>
- 2 Outside Shoulder Throw <sup>8</sup>
- 3 Outside Twisting Arm Lock <sup>9</sup>
- 4 Passing Shoulder Lock <sup>10</sup>
- 5 Outside Shoulder Wheel <sup>11</sup>
- 6 Elbow Shoulder Wheel <sup>12</sup>

##### False Handshake (4)

- 1 Elevated Wrist Lock <sup>5</sup>
- 2 Side Wrist Throw <sup>6</sup>
- 3 Four-Finger Lock <sup>7</sup>
- 4 Two-Finger Lock <sup>8</sup>

##### Double Grab to 1 Wrist (6)

- 1 Wrist-Groin-Chin Combo <sup>5</sup>
- 2 Throat-Nose-Knee Combo <sup>6</sup>
- 3 Rising Escape + Strikes <sup>7</sup>
- 4 Descending Escape + Strikes <sup>8</sup>
- 5 Biceps-Throat-Knee Combo <sup>11</sup>
- 6 Rear Push Throw <sup>12</sup>

##### Double Grab to Both Wrists (7)

- 1 Cross-Arm Shoulder Throw <sup>2 8</sup>
- 2 Cross-Arm Shoulder Throw <sup>3 9</sup>
- 3 Cross-Arm Rear Throw <sup>10</sup>
- 4 Passing Cross Arm Bar <sup>11</sup>
- 5 Cross Arm Bar <sup>12</sup>
- 6 Twin Knife Hand Combo <sup>13</sup>
- 7 Ear Slaps + Knee Strikes <sup>14</sup>

**Against Clothing Grab (16)***Sleeve Grab (4)*

- 1 Scoop Wrist Lock <sup>2</sup>
- 2 Elbow Hammer Lock (clamp) <sup>4</sup>
- 3 Strikes + Two-Hand Arm Bar <sup>6</sup>
- 4 Scoop Shoulder Lock <sup>8</sup>

*Collar Grab (2)*

- 1 Drop Bent-Arm Lock <sup>11</sup>
- 2 Arm Bar + Foot-Plant Throw <sup>12</sup>

*Lapel Grab (4)*

- 1 Side Wrist Lock (trap) <sup>14</sup>
- 2 Driving Shoulder Lock <sup>16</sup>
- 3 Twisting Neck Lock <sup>19</sup>
- 4 Outside Twisting Arm Lock <sup>20</sup>

*Belt Grab (4)*

- 1 (dn) Drop Inside Twisting Arm Lock <sup>23</sup>
- 2 (dn) Drop Outside Shoulder Throw <sup>24</sup>
- 3 (up) Lapel-Assist Arm Bar <sup>27</sup>
- 4 (up) Outward Wrist Lock (belt trap) <sup>28</sup>

*Side Grab (2)*

- 1 Neck Hip Throw <sup>30</sup>
- 2 Front Naked Choke <sup>31</sup>

**Against Chest Push (6)***One-Hand Push (4)*

- 1 Elbow Hammer Lock <sup>5</sup>
- 2 Two-Finger Hammer Lock <sup>6</sup>
- 3 Scoop Palm Lock <sup>7</sup>
- 4 Figure-4 Palm Lock <sup>8</sup>

*Two-Hand Push (2)*

- 1 Clothesline Throw <sup>11</sup>
- 2 Double Sleeve Hip Throw <sup>12</sup>

**Against Grab from Behind (10)***Double Wrist Grab (2)*

- 1 Break Hold Punch <sup>3</sup>
- 2 Rear Push Throw <sup>4</sup>

*Double Sleeve Grab (2)*

- 1 C Strike + Outward Wrist Lock <sup>7</sup>
- 2 Strikes + Near Shoulder Throw <sup>8</sup>

*Shoulder Grab (5)*

- 1 1s: Spear Push-Pull Throw <sup>10</sup>
- 2 1s: Lapel Push-Pull Throw <sup>11</sup>
- 3 1s: Elbow Break, Back + Hook Kicks <sup>13</sup>
- 4 2s: Elevated Wrist Lock + Elbow Strike <sup>16</sup>
- 5 2s: Passing Outward Wrist Lock <sup>17</sup>

1s = one shoulder 2s = both shoulders

*Belt Grab (1)*

- 1 Strikes + Inner-Elbow Arm Bar <sup>19</sup>

**Against Bear-Hug (7)***From Front (2)*

- 1 ap: Stomp + Nerve Attacks <sup>3</sup>
- 2 ap: Chops + Double Shoulder Throw <sup>4</sup>

*From Behind (5)*

- 1 af: Wrist Lock + Knee Arm Bar <sup>6</sup>
- 2 ap: Passing Inside Palm Lock <sup>8</sup>
- 3 ap: Spear, Elbow, Shoulder Throw <sup>9</sup>
- 4 ap: Leg Trap Throw (ap) <sup>11</sup>
- 5 ap: Thigh Leg-Lock Throw (ap) <sup>13</sup>

af = arms free ap = arms pinned

**Against Head Holds (4)***Hair Grab (3)*

- 1 Chop, Uppercut, Hip Throw <sup>3</sup>
- 2 Outside Twisting Arm Lock <sup>4</sup>
- 3 Passing Shoulder Lock <sup>5</sup>

*Full Nelson (1)*

- 1 Nerve, Two-Finger Palm Lock <sup>7</sup>

**Defense Against Chokes (26)***Front Choke (10)*

- 1 Bent-Arm Throw
- 2 Twin Thumb Lock
- 3 Poke Throat, Bent-Arm Wrist Lock
- 4 Tiger Mouth, Outward Wrist Lock
- 5 Weave, Wrap Arms, Kick Combo
- 6 Spear, Wedge, Ears, Inner Reap
- 7 Windmill Escape + Strike Combo
- 8 Arm-Trap Shoulder Throw
- 9 Leg-Lock Trip Throw
- 10 Circle Throw

*Front Choke (arms crossed) (4)*

- 11 Arm-Trap Arm Bar
- 12 Bent-Arm Hip Throw
- 13 Three Twin Strikes
- 14 GB Strikes + Twisting Neck Lock

*Front Naked Choke (4)*

- 15 3 Strikes + Groin Trip Throw
- 16 Shoulder Lock + Arm Bar
- 17 Reclining Shoulder Lock
- 18 Body Slam + Strike Escape

*Side Choke (4)*

- 19 Punch + Scoop Throw
- 20 3 Strikes + Hammer Lock
- 21 Thigh-Rib Combo + Hip Throw
- 22 Clasped Bent-Wrist Lock

*Rear Naked Choke (4)*

- 23 Drop Inside Shoulder Throw
- 24 Side Foot-Plant Throw
- 25 Elevated Wrist Lock
- 26 Knuckle-Fist Arm Bar

**GROUND DEFENSES (54)****Seated Defense (16)**

- 1 Instep Gouge / Leg-Twist Throw
- 2 Ankle Hold Throw
- 3 Twin Ankle Hold Throw
- 4 Forearm-to-Shin Throw
- 5 Hand-to-Knee Throw
- 6 Spear-to-Groin Throw
- 7 Twin Shin-to-Shin Throw
- 8 Blade-to-Leg Throw
- 9 Hook Kick Throw
- 10 Rear Scissor Throw
- 11 Circle Throw
- 12 Corner Throw
- 13 Thumb Lock + Outward Wrist Lock
- 14 Bent-Arm Wrist Lock (2 fingers)
- 15 X Leg-Twist Throw
- 16 Reverse X Leg-Twist Throw

**Reclining Defense (32)***Standing Attacker (8)*

- 1 Kick Combo + Rise to Standing
- 2 Kick Combo + Takedown
- 3 Leg-Push Reversal
- 4 Seated Two-Hand Drop
- 5 Seated Twin Overhead Kick
- 6 Shin-Press Throw
- 7 Arm Block + Leg-Twist Throw
- 8 Leg Block + Leg-Twist Throw

*Attacker Kneeling Between Legs (8)*

- 9 Knee-Belly Reversal
- 10 Twin Sole-Push Reversal
- 11 Leg Arm Bar
- 12 Reclining Arm Bar
- 13 Seated Bent-Arm Lock
- 14 Reclining Knee Arm Bar
- 15 Chop + Front Interlock Choke
- 16 Seated Two-Hand Reap

*Straddling Attacker (8)*

- 17 Outside-Lift Shoulder Lock
- 18 Poke + Bent-Arm Wrist Lock
- 19 Poke + Outward Wrist Lock
- 20 Strikes + Twisting Neck Lock
- 21 Wedge, Wrap, Bridge Throw
- 22 Ankle-Lift Bridge Throw
- 23 Thumb Choke + Throw
- 24 Kick-Out + Side Roll

*Side Attack (8)*

- 25 Underhand Forearm Arm Bar
- 26 Front Shoulder Lock (trap)
- 27 Turnover Arm Bar
- 28 Leg Scissor Choke
- 29 Nerve Press, Elbow-to-groin
- 30 Roundhouse Kick + Hook Kick
- 31 Roll + Leg Scissor Choke
- 32 Leg Scissor Choke Throw

**Kneeling Defense (6)***Reclining Attacker (6)*

- 1 Entangled Front Shoulder Lock
- 2 Entangled Rear Shoulder Lock
- 3 Knee Press, Spine Lock, Choke
- 4 Knee Press, Leg-Lock, Rear Choke
- 5 Twin Knee Press + Crab Lock
- 6 Chest Press + Reclining Arm Bar

**Defense Using One or No Arms (20)***One-Arm Defense (16)*

- 1 Wrist-Lock Push Throw
- 2 Wrist-Lock Strike
- 3 Passing Elbow Strike + Chop
- 4 Bent-Arm Wrist Lock
- 5 Armpit Arm Bar
- 6 Scoop Wrist Lock
- 7 Shoulder Arm Bar
- 8 Passing Elbow Hammer Lock
- 9 Wrist-Nerve Throw + Kick-Reap
- 10 Outside Shoulder Throw
- 11 Inside Hip Throw
- 12 Near Shoulder Hip Wheel
- 13 Sleeve: Rear Push Throw
- 14 Lapel: Wrapping Throw
- 15 Lunging Punch: One-Hand Shoulder Throw
- 16 Behind: Neck Hip Throw

*No-Arm Defense (4)*

- 17 Lapel: Outside Twisting Arm Lock
- 18 Collar: Passing Elevated Wrist Lock
- 19 Side Belt: Drop Inside Shoulder Throw
- 20 Center Belt: Knee Bent-Arm Lock

**Defense Against Punch Using One Hand (16)***High Straight Punch*

- 1 Rising Parry, Spear Hand
- 2 Rising Block, Descending Palm Heel
- 3 Bent Wrist Block, Low Straight Punch

*Low Straight Punch*

- 4 Descending Parry, Descending Back Fist

*Straight Punch*

- 5 Inside Parry, Cutting Hand

*Straight or Hook Punch*

- 6 Inside Palm Heel Block, Back Fist
- 7 Ox Jaw or Knife Hand, Outside Knife Hand
- 8 Outside Knife Block, Spear Hand

*Hook Punch*

- 9 Reverse Outside Block, Hook Palm Heel
- 10 Reverse Outside Block, Inside Elbow
- 11 Reverse Outside Block, Narrow Hook Punch

*Straight Punch*

- 12 Inside Parry, retract, Straight Back Hand
- 13 Outside Parry, Outside Knife Hand ribs
- 14 Ridge Hand Block, Rising Elbow Strike

*Lunging Straight Punch*

- 15 Side Palm Heel Block, Side Elbow Strike
- 16 Sweeping Parry, Inside Elbow Strike

**Attacking Techniques (25)***Offensive Strike Combos (4)*

- 1 Palm Heel + Rising Elbow <sup>7</sup>
- 2 Back Elbow + Palm Heel <sup>8</sup>
- 3 Outside Twisting Arm + Elbow <sup>9</sup>
- 4 Palm, Hammer Lock, Knife Hand, Desc. Elbow <sup>10</sup>

*Offensive Kick Combos (3)*

- 5 R Front Kick, R Roundhouse Kick
- 6 R Front Toe Kick, R Low Side Kick
- 7 Pull lapels, R Front Knee Strike, Stamp Kick

*Offensive Holds (8)*

- 1 Shoulder Arm Bar (knee assist) <sup>4</sup>
- 2 Front Wrist to Elevated Wrist Lock <sup>7</sup>
- 3 Passing Cross Arm Bar <sup>11</sup>
- 4 Cross-Arm Finger Locks <sup>12</sup>
- 5 Finger Lock <sup>13</sup>
- 6 Elevated Palm Lock + Throw <sup>14</sup>
- 7 Twisting Neck Lock <sup>15</sup>
- 8 Thumb Hand Choke <sup>16</sup>

*Offensive Throws (10)*

- 1 Wrist Shoulder Throw <sup>2</sup>
- 2 Outside Shoulder Wheel <sup>4</sup>
- 3 Inside Shoulder Wheel (arm trap) <sup>5</sup>
- 4 Rear Hip Throw <sup>7</sup>
- 5 Inner-Thigh Reap Throw <sup>8</sup>
- 6 Twin-Knee Push Throw <sup>13</sup>
- 7 Rotary Throw + Shin Kick <sup>17</sup>
- 8 360° Blending Throw (arm bar) <sup>18</sup>
- 9 Scissor Throw <sup>19</sup>
- 10 Front Drop Throw <sup>20</sup>

**Free-Sparring**

- Against single attacker
- Against multiple attackers (alternating)
- Against multiple attackers (simultaneous)
- Using one-arm only (1 and 2 opponents)
- Using no-arms (1 and 2 opponents)

**Jump Kicks (10)***(jump with both feet at same time)*

- 1 Jump Front Kick
- 2 Jump Front Heel Kick (to chin)
- 3 Jump Side Kick
- 4 Jump Roundhouse Kick
- 5 Jump Turning Back Kick
- 6 Jump Axe Kick
- 7 Jump Inside Crescent Kick
- 8 Jump Outside Crescent Kick
- 9 Jump Reverse Roundhouse Kick
- 10 L/R Jump Front Kick Combo

**Jump Twin Kicks (6)**

- 1 Twin Front Kick
- 2 Twin Front Split Kick
- 3 Twin Side Split Kick (Scissor Kick)
- 4 Twin Side Kick
- 5 Twin Roundhouse Kick
- 6 Twin Back Kick

**Jump Combination Kicks (22)**

- 1 L Front Kick, R Jump Roundhouse Kick
- 2 L Front Kick, R Jump Side Kick
- 3 L Front Kick, R Jump Turning Back Kick
- 4 L Front Kick , R Jump Spin Kick
- 5 L Roundhouse Kick , R Jump Spin Kick
- 6 L Inside Crescent Kick , R Jump Side Kick
- 7 L Inside Crescent Kick , R Jump Spin Kick
- 8 L Side Kick, plant, R Jump Turning Back Kick
- 9 L Side Kick , R Jump Side Kick
- 10 (1 jump for both kicks)  
L Jump Front Kick, R Jump Front Kick
- 11 L Side Kick to midsection, plant  
R Outside Axe Kick to clavicle, plant, pivot 90°  
R Jump Side Kick to chest (with lead leg)
- 12 L Front Kick to opponent in front  
R Jump Side Kick to opponent at right  
L Jump Side Kick to opponent at left  
R Jump Back Kick to rear
- Kick with same leg, 2nd is jump kick*
- 13 R Hook Kick, plant foot, R Jump Spin Kick
- 14 R Roundhouse Kick, plant foot  
R Turning Jump Roundhouse Kick
- Kick with same leg, plant + step between kicks*
- 15 R Jump Front Kick, plant, R Spin Kick
- 16 R Jump Roundhouse Kick, plant, R Spin Kick
- 17 R Jump Inside Crescent Kick  
Plant foot, R Turning Back Side Kick
- 18 R Jump Axe Kick (Heel)  
Plant foot, R Turning Back Side Kick
- 19 R Jump Axe Kick (Blade)  
Plant foot, R Spin Kick
- 20 R Jump Reverse Roundhouse Kick  
Plant foot, R Spin Kick
- 21 R Jump Side Kick  
Plant foot, R Turning Back Side Kick
- 22 R Jump Hook Kick  
Plant foot, R Turning Back Side Kick