

# 1<sup>st</sup> Dan Grade

**Forms:** 1. Chinto and all preceding forms  
2. Wanduan

You will also be asked to show every form you have learnt up to this point

**Mixed Forms:** You will be asked to show at least 3 mixed forms of the examiner's choice

**Applications:** You will be asked to show all of the applications for all the forms up to this level. You will also be asked to show 2 applications of your own from Chinto and Wanduan

**Fitness Test:** The fitness test for this grading is set on the day by the examiner

**Bong Techniques:** 1. Bong Form 1  
2. Bong Form 2

**Knife:** Knife Form 1

**Freestyle Self-Defence:** You will be partnered with a senior grade for this section of the exam. The senior will attack with a straight punch, a hook punch or a grab and you must respond with a defence technique of your own.

Your defence should be:

- Appropriate
- Quick and effective
- Applied immediately (no hesitation)
- Controlled

**Sparring:** You will have 3 rounds of sparring against 1 opponent and a further three rounds against 2 opponents

**Breaking:** Side step kick to break a breeze block (over 18)

Under 18s will break wood with a technique of the examiner's choice

**Essay:** All candidates are required to write an essay as part of their exam. This essay can be a story of your journey through martial arts or a piece on a particular area of your training. You may include photos if you wish.