

## 2nd Degree Black Belt Test

### Self-defense Requirements

1	Cross Wrist Grab	Elbow Chop Takedown	Rotate your R. CW and counter-grab his wrist. Rotate his hand to palm up; apply L. forearm pressure to triceps tendon and take to ground. May choose to break elbow rather than takedown.
2	Hostile handshake	Elbow hyperextension	With your R. hand, rotate his R. hand CCW so that he is palm up. Come underneath w/ L. and push up on his elbow as you torque his fingers underneath toward him.
3	One hand Lapel Grab	Capture, pull down & lever	R. hand grabs his R as lever, L hand grabs his wrist (thumb down), use both to rotate his arm CW so that pinky is up, pull his forearm down and in toward your stomach as you lever the wrist.
4	Single hand frontal choke	Armpit armlock	Grab wrist, pull through armpit as you step across and turn your back. Drop to ground for armpit armlock (waki gatame).
5	Two hands grab two wrists from front	Slingshot knee to outside reap	Counter grab both of his wrists in the same manner that he has grabbed yours. Lower your base and drop your right leg back. As he tries to re-double his efforts by pulling you harder, drive your rear knee directly into his groin, stomach or solar plexus using his pulling power to increase the impact of your strike. Step with your L. ft out to his R. and then sweep his R. calf with your R. calf (your R. hand hits his left shoulder at the same time).
6	One-handed Shoulder Grab	Elbow pressure to straight arm lock on shoulder	Capture his grabbing hand with your right hand and pin it against your shoulder. Using your left arm, make a fist and bend your arm as you would for an inside block. While still securing his right hand against your shoulder with your right, come slightly upward then across with your left inside block. Using your forearm, pull his elbow down and in toward your stomach. Bend down as you drop him but remain above him. Bear hug his elbow and pull in as you apply forward pressure with your shoulder to secure the arm lock.
7	SS Wrist Grab	Gooseneck escort	Rotate L. hand outside CW for counter-grab (thumb up); Step out to the left with L. ft. as you reach over the top of his R. arm using fingers of your R. hand to bend his elbow. Spin your body CW as you step to his right and slightly behind him bring his R. elbow to your chest and applying gooseneck with L. hand. Add R. hand to secure.
8	Escapes, counters transitions and reversals	escape from side mount- grab neck leg, roll to side mount	Underneath his side mount, drape your left arm over the back of his neck as your right arm slips underneath his stomach, between his knees and curls around behind his right knee. While bringing both of your arms toward each other (to form his body more like a ball), bridge your hips and push off of the ground with your right foot. Roll him over your left shoulder and go with him so that you end up over him in the side mount.
9	Chokes	Guillotine Choke from the Guard	Pull him forward with your legs so that he posts both hands on ground. Post both of your feet on ground. Scoot your hips out and sit up. Reach your right arm around the left side of his head; wrap it all the way around. Your left goes underneath and grabs your right wrist to lock on the choke. As you fall to your back, wrap your legs back into a tight guard. Pull up on your right wrist and arch your back as you push away with your legs.
10	Arm Locks	Mount - spinning armbar	As he bumps you upward with his hands, encircle his right arm and post both hands on his chest. Using the force of his upward push combined with your push off of his chest with your hands, your hips come up and your left leg spins over his head. Fall back for the armbar.
11	Arm Locks	Kimura (shoulder lock) from guard position.	Pull him forward with your legs so that he posts both hands on ground. Post both of your feet on ground. Grab his right wrist with your left hand; shift your hips out and reach over his right shoulder with your left arm and come back under at his elbow to grab your own wrist. as you lie back with him, shift your hips out to the left and push his hand up along his back toward his head for shoulder lock. Make sure you lock your legs across his back to prevent his escape by rolling.
12	Knee to knee	Elevator Sweep	Post your right foot on the floor in between his knees. Then, lift up off the right foot, extend your left leg out beside him and along the floor, sit back and hook your right instep inside his left thigh. As you are sitting back, pull him over your left shoulder and lift his left leg up into the air with your right instep and roll to your left to finish the sweep.

13	Cross Wrist Grab	Elbow over his shoulder	Counter-grab inside with R. hand. L. hand grabs at his elbow with sweeping motion to right. Raise his arm up as you step slightly beside him with your L. ft. and spin CW underneath his arm so that his R. arm is going back over his R. shoulder and his elbow is pointing up. Escort him or add your L. hand behind his elbow to take down. Finish by pushing elbow down to ground and pulling wrist out in lateral motion.
14	Standing side headlock escape	Push and pull	Left hand reaches around his back to grab his left hip. Right hand reaches down and grabs the back of his right knee (thumb in). At the same time, push the knee forward and pull the hip in a circular motion taking your opponent to the ground.
15	One hand Lapel Grab	Capture, step 45 and drop	R. hand grabs his R as lever, L hand grabs his wrist (thumb down), use both to rotate his arm CW so that pinky is up. Step off 45 as your left fingers pull his elbow toward you. Keep arm parallel as you take him down.
16	SS Wrist Grab	Outer wrist turn and step in. Hold on ground for armlock.	Circle hand CCW palm up. R. hand comes underneath his R. palm up and grabs at thumb bone. After pulling your L. free, apply pressure forward at the knuckles with L. knifehand, stepping in to his R. side. Take down, insert your R. instep into his ribs and R. knee toward his head across his R. elbow. Torque wrist and apply arm bar.
17	Single-arm choke from rear	Shoulder Throw to judo arm bar	Double grab the choking arm. Lower your center so that your belt is below his. Position your tail bone on his right thigh. Straighten your legs as you bow forward (pulling his right arm with your two arms). As your legs become straight, drop your right shoulder toward the ground and continue pulling him over the top. Once he lands on his back, slide your R. ft under his ribs and step your L ft over his head. Sit down and lie back for arm bar.
18	Punch	Parry, slip arm under, carotid choke	He punches with his right, parry it across with your left as your right hand shoots underneath it. Your right arm should end up on the left side of his head. With your right hand palm down, and your left hand palm up, clap your hands together in a master grip. Push your chest against his right shoulder as you pull the right radius bone into the left side of his neck (make sure you are also pulling your right elbow toward your right ribs). With the choke locked on, step into the back of his right knee with the bottom of your left foot to break his balance. Rotate his upper body CCW and take him down to the ground on his left shoulder. Once on the ground, continue applying the choke by going up on the balls of both feet and pressing your chest down against his right shoulder.
19	Cross Wrist Grab	Over the shoulder elbow break with takedown	Counter-grab inside of his wrist with your R. Capture other side of his hand with your L. immediately and swing his whole arm CCW and raise it while you turn your body around CW, turning your back to him. Bring his arm (elbow) over your L. shoulder and hyperextend his elbow. Bring his arm over your head to the R. and rotate the wrist to finish the takedown.
20	Rear hook punch	Ogoshi throw - finish with chicken wing arm lock	Outside block with L and overhook his R arm. Move to left side and place your right ear against his chest while hugging his back with your left arm. Step across in front of him for ogoshi throw. Wrap his R arm with your L, put your R knee in his ribs and apply the arm lock.

## 3rd Degree Black Belt Test

### Self-defense Requirements

1	Chokes	Guillotine Choke Standing - Defense from punch	Block his R. punch with L. outside block and simultaneously deliver a R. hand palm strike. Grab the back of his head with R. hand and deliver a knee-strike counter to his stomach, reach your right arm around the left side of his head; wrap it all the way around. Your left goes underneath and grabs your right wrist to lock on the choke. Stand tall, pull up on your right wrist and arch your back to apply the choke.
2	Rear 2-shoulder Pull	Circle behind to hip pull	As opponent pulls you from behind, lower your base and circle CW around beside him (slightly to his rear) on his right side. Grab both hips and circle back the other way (CCW) as if rewinding, to pull him to the floor.
3	Cross Wrist Grab	Wrap over-under elbow escort	Inside counter-grab with your R. Step across the front with your L. ft. as you palm strike with your L. hand. (R. hand should be rotating his wrist CCW as you do this). Your L. arm reaches over his R. arm and then your forearm comes under his triceps. As you lift up with L. forearm (radius bone), you push down and torque his wrist with your R. Your L. can grab your own collar or forearm to increase pressure. (You may choose to apply finger lock with your R. as well.)
4	Punch	Parry, wallet push to rear choke	Opponent throws a lunging right punch. You parry it across with your left arm and zone to the left as your right arm goes around his neck (clothesline motion with a bent arm). Your left hand then pushes his hip through at his right back "pocket" as your right arm continues to fishhook him around so that you have his back. Now that you have destroyed his base, it is easy to drop straight down with him for the rear bicep choke.
5	SS Wrist Grab	Hammerlock	HAMMER LOCK- Open L. hand and start to move it slightly out to the left (with palm down) as your R. hand does a palm strike to his face. R. hand continues through the strike down to his R. arm and your R. fingers scoop his elbow from the far side underneath; begin to raise the elbow as the L. knife hand shoots behind the triceps for a "hammer lock". You should end up beside and slightly behind him. Using your R. hand to grab the collar muscle to secure this lock.
6	2 Hands grab 2 wrists	His elbow over his shoulder	Right hand reaches across and grabs inside of his right wrist (thumb up) as you jerk your left arm free. Left hand grabs at his elbow with sweeping motion to right. Raise his arm up as you step slightly beside him with your L. ft. and spin CW underneath his arm so that his R. arm is going back over his R. shoulder and his elbow is pointing up. Escort him or add your L. hand behind his elbow to take down.
7	Single hand frontal choke	Aikido Takedown	Kotegtash
8	SS Wrist Grab	Corkscrew	CORKSCREW- Circle hand CCW palm up. R. hand comes underneath his R. palm up and grabs at thumb bone. Double grab with L. hand in same fashion rotating his wrist slightly more CCW. Using both of your hands, slam his R. elbow into his ribs and then immediately jerk his arm in the opposite direction behind you to the ground.
9	Tied Up	Inside reap to Boston Crab	
10	Tied up	Modified Flying armbar	
11	Single shoulder grab	Overwrap to armbar with leg stop.	Wrap his arm from inside CCW and chicken-wing. Place your left leg across his thighs as you master-grip your hands together and apply pressure at his elbow while blocking his legs with your left leg. Keep his arm straight. If his arm should bend, go to the chicken wing shoulder lock instead.
12	Two-hand wrist grab from rear	Fake, step behind & trap leg takedown	
13	SS Wrist Grab	Centerlock	CENTER LOCK - Open L. hand and start to move it slightly out to the left (with palm down). As your R. hand grabs inside his wrist with your thumb up, your L. hand breaks away. L. hand comes back over the top of his hand with your fingers gripping his palm. Start to rotate his wrist CW as you raise his arm and step underneath turning your body CCW. You should end up with his elbow pointing up and his hand being torqued CCW. Point your index fingers toward his eyes to increase the pain. You can throw him using his arm as well.

14	Two-hand choke from front	Slip through hip toss	Pull his right forearm to your chest with your left as you slip your right arm between his arms and around his head for hip toss. Finish with arm bar.
15	Standing side headlock	Drop & Roll	Left hand reaches around his back to grab his left hip. Right foot steps in front of his r. foot as your r. hand grabs behind his right knee. Sit back and roll to your left hip. Follow up with frame and arm bar.
16	Punch	Parry, check, move behind for collarbone takedown.	As he throws a lunging punch with his right, parry with your left, check it with your right and move to his rear side. Once behind him, reach over both of his shoulders with both of your hands. Dig the two middle fingers of both hands into the soft area beside his collarbones. At the same time pull both hands down and back toward the ground. You can either move out of the way and allow him to fall or pull him downward into your awaiting knee.
17	Roundhouse	Scoop & inside sweep	
18	2-hands grab neck from rear	Snatch hand turn around to wrist throw	Kotegash
19	Bear hug from rear, over arms	Step behind throw-back	Simultaneously drop your hips and snap your arms up into a position like carrying firewood. Slide your right foot out to the right as you shift the hips likewise. Your left leg passes between your right leg and his right leg and plants behind his left leg. Grab both legs behind the knees. Lift using your legs and pass him over your hips and lower back.
20	Throws and Takedowns	Tied up - Duck under takedown to armbar.	From tied up standing position. Pop his right elbow up as you duck underneath (your right hand that was on his neck slides down and grabs his left forearm as you move around him). Position yourself behind him and slip your left hand between right arm and ribs to double grab his left forearm. Post your left foot sideways behind his left foot, squat down (bringing him with you), and as your rear end hits the floor, turn quickly to your left hip. Make sure you continue to roll up so that you post your right foot across his body. Under hook his right arm with your right, swing your left leg over his head, and sit back for the side armbar.