

BLACK BELT PERFORMANCE TEST

NAME _____ RANK _____ SSN _____ DATE _____

Sustainment (Previous Ranks)

1. Technique #1	Pass	Fail	Remediate
2. Technique #2	Pass	Fail	Remediate
3. Technique #3	Pass	Fail	Remediate
4. Technique #4	Pass	Fail	Remediate
5. Technique #5	Pass	Fail	Remediate
6. Technique #6	Pass	Fail	Remediate
7. Technique #7	Pass	Fail	Remediate
8. Technique #8	Pass	Fail	Remediate
9. Technique #9	Pass	Fail	Remediate
10. Technique #10	Pass	Fail	Remediate
11. Technique #11	Pass	Fail	Remediate
12. Technique #12	Pass	Fail	Remediate
13. Technique #13	Pass	Fail	Remediate
14. Technique #14	Pass	Fail	Remediate
15. Technique #15	Pass	Fail	Remediate
16. Technique #16	Pass	Fail	Remediate
17. Technique #17	Pass	Fail	Remediate
18. Technique #18	Pass	Fail	Remediate
19. Technique #19	Pass	Fail	Remediate
20. Technique #20	Pass	Fail	Remediate

***Sustainment-** Student can miss only 2 technique (90%) in order to continue. **Pass** ___ **Fail** ___

If a student fails testing he must wait a minimum of a day to retest.

a. Bayonet Techniques (in low light environment)

1. Execute bayonet techniques during a 1 on 1 engagement.	Pass	Fail	Remediate
2. Execute bayonet techniques during a 1 on 2 engagement.	Pass	Fail	Remediate
3. Execute bayonet techniques during a 2 on 1 engagement.	Pass	Fail	Remediate

b. Sweeping Hip Throw

1. Execute a sweeping hip throw	Pass	Fail	Remediate
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c. Ground Fighting

1. Execute a face rip from the guard	Pass	Fail	Remediate
2. Execute a straight armbar from a scarf hold	Pass	Fail	Remediate
3. Execute a bent armbar from a scarf hold	Pass	Fail	Remediate

d. Neck Crank Takedown

1. Execute a neck crank takedown.	Pass	Fail	Remediate
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e. Triangle Choke

1. Execute a triangle choke.	Pass	Fail	Remediate
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f. Rolling Knee-bar

1. Execute a rolling knee-bar.	Pass	Fail	Remediate
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- g. Counter Pistol to the Head**
 1. Execute counter to the pistol to the head. Pass ___ Fail ___ Remediate ___
- h. Upper Body Strikes**
 1. Execute a cupped hand strike. Pass ___ Fail ___ Remediate ___
 2. Execute a face smash. Pass ___ Fail ___ Remediate ___
- i. Knife Techniques**
 1. Execute a lead hand vertical slash Pass ___ Fail ___ Remediate ___
 2. Execute a lead hand vertical thrust Pass ___ Fail ___ Remediate ___
 3. Execute a lead hand forward thrust Pass ___ Fail ___ Remediate ___
 4. Execute a lead hand reverse thrust Pass ___ Fail ___ Remediate ___
 5. Execute a lead hand forward slash Pass ___ Fail ___ Remediate ___
 6. Execute a lead hand reverse slash Pass ___ Fail ___ Remediate ___
 7. Execute a reverse grip forward slash Pass ___ Fail ___ Remediate ___
 8. Execute a reverse grip reverse slash Pass ___ Fail ___ Remediate ___
 9. Execute a reverse grip forward thrust Pass ___ Fail ___ Remediate ___
 10. Execute a reverse grip reverse thrust Pass ___ Fail ___ Remediate ___
 11. Demonstrate movement against an opponent Pass ___ Fail ___ Remediate ___
- j. Weapons of Opportunity**
 1. Execute a garrote from the rear Pass ___ Fail ___ Remediate ___
 2. Execute a garrote from the front Pass ___ Fail ___ Remediate ___
- k. Anatomy and Physiology**
 1. Demonstrate 5 pressure points on the head. Pass ___ Fail ___ Remediate ___
 2. Demonstrate 5 pressure points on the neck. Pass ___ Fail ___ Remediate ___
 3. Demonstrate 5 pressure points on the arm. Pass ___ Fail ___ Remediate ___
 4. Demonstrate 5 pressure points on the hand. Pass ___ Fail ___ Remediate ___
 5. Demonstrate 5 pressure points on the leg. Pass ___ Fail ___ Remediate ___
 6. Demonstrate 5 pressure points on the foot. Pass ___ Fail ___ Remediate ___

In order to obtain belt the student must score 70%. Students cannot miss no more than 9 techniques in order to achieve the qualifying score. Each techniques is worth 3.1 points. If a student fails testing he must wait a minimum of a day to retest.

Pass ___ Fail ___ Percentage ___

Instructor Name (printed) _____ Date _____

Instructor Signature _____