

Level 9 Black Gold Character Belt

Tip Test

Techniques/Movement

1. Pummelling full revision
2. Base out high
3. Base out low
4. Base out elbow crush
5. Single leg takedown

Chi Sau (all Double Arm)

1. Underhook hip throw
2. Attack bon sau to arm trap and choke
3. Reverse sweep to armbar
4. Knee attack counter (reaping sweep)
5. Shoulder throw (seoi nage)
6. The Kracken (from mid level)
7. The Ruski

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Belt Test

Forms

1. Sil Lum Tao – Complete
2. Chum Kil – Complete
3. Bil Gee – First and Second section

Chi Sau (all Double Arm)

1. Reaping sweep (osoto gari)
2. Inside reaping sweep (uchi mata)
3. Hip throw – overhook (ogoshi)
4. Hip throw – underhook (ogoshi)
5. Fireman's carry
6. Hurricane takedown
7. Tornado takedown
8. Tai Toshi
9. Shoulder throw (seoi Nage)
10. Shin box sweep (Uchi Gari)
11. The Kracken
12. The Ruski

Wooden Dummy

Sets 1-8: 80 movements