



ASP BLACK BELT II EXAMINATION FORM

STUDENT: _____
 EXAMINER: _____
 TEST DATE: _____

1.0 INTRODUCTION	
COMMENTS: _____	
1.0 INTRODUCTION TOTAL POINTS (03)	SCORE:

2.0 WRIST EXERCISES	
2.0 PURPOSE COMMENTS: _____	2.0 <input type="checkbox"/>
2.1 THE PRAYER COMMENTS: _____	2.1 <input type="checkbox"/>
2.2 THE TWIST COMMENTS: _____	2.2 <input type="checkbox"/>
2.3 THE SEAL COMMENTS: _____	2.3 <input type="checkbox"/>
2.4 THE CROSS COMMENTS: _____	2.4 <input type="checkbox"/> <input type="checkbox"/>
2.5 THE WRIST STRIKE COMMENTS: _____	2.5 <input type="checkbox"/> <input type="checkbox"/>
2.0 WRIST EXERCISES TOTAL POINTS (24)	PASSING (21)
SCORE:	

3.0 WRIST AND BODY COORDINATION TECHNIQUES	
3.1 ATTACKS FROM THE FRONT	
3.0 PURPOSE COMMENTS: _____	3.0 <input type="checkbox"/>
3.1.1 LINEAR BLADE – SAME SIDE NORMAL GRIP COMMENTS: _____	3.1.1 <input type="checkbox"/> <input type="checkbox"/>
3.1.2 LINEAR THUMB – SAME SIDE NORMAL GRIP COMMENTS: _____	3.1.2 <input type="checkbox"/> <input type="checkbox"/>
3.1.3 CIRCULAR BLADE – SAME SIDE NORMAL GRIP COMMENTS: _____	3.1.3 <input type="checkbox"/> <input type="checkbox"/>
3.1.4 CIRCULAR THUMB – SAME SIDE NORMAL GRIP COMMENTS: _____	3.1.4 <input type="checkbox"/> <input type="checkbox"/>

3.1.5	LINEAR BLADE – CROSS HAND NORMAL GRIP COMMENTS: _____	3.1.5	<input type="checkbox"/>	<input type="checkbox"/>
3.1.6	LINEAR THUMB – CROSS HAND NORMAL GRIP COMMENTS: _____	3.1.6	<input type="checkbox"/>	<input type="checkbox"/>
3.1.7	CIRCULAR BLADE – CROSS HAND NORMAL GRIP COMMENTS: _____	3.1.7	<input type="checkbox"/>	<input type="checkbox"/>
3.1.8	CIRCULAR THUMB – CROSS HAND NORMAL GRIP COMMENTS: _____	3.1.8	<input type="checkbox"/>	<input type="checkbox"/>
3.1.9	LINEAR BLADE – TWO HANDS ON ONE WRIST COMMENTS: _____	3.1.9	<input type="checkbox"/>	<input type="checkbox"/>
3.1.10	LINEAR THUMB – TWO HANDS ON ONE WRIST COMMENTS: _____	3.1.10	<input type="checkbox"/>	<input type="checkbox"/>
3.1.11	CIRCULAR BLADE – TWO HANDS ON ONE WRIST COMMENTS: _____	3.1.11	<input type="checkbox"/>	<input type="checkbox"/>
3.1.12	CIRCULAR THUMB – TWO HANDS ON ONE WRIST COMMENTS: _____	3.1.12	<input type="checkbox"/>	<input type="checkbox"/>
3.1.13	LINEAR BLADE – TWO HANDS ON TWO WRISTS COMMENTS: _____	3.1.13	<input type="checkbox"/>	<input type="checkbox"/>
3.1.14	LINEAR THUMB – TWO HANDS ON TWO WRISTS COMMENTS: _____	3.1.14	<input type="checkbox"/>	<input type="checkbox"/>
3.1.15	CIRCULAR BLADE – TWO HANDS ON TWO WRISTS COMMENTS: _____	3.1.15	<input type="checkbox"/>	<input type="checkbox"/>
3.1.16	CIRCULAR THUMB – TWO HANDS ON TWO WRISTS COMMENTS: _____	3.1.16	<input type="checkbox"/>	<input type="checkbox"/>

3.0	WRIST AND BODY COORDINATION TECHNIQUES		
3.1	ATTACKS FROM THE FRONT		
	TOTAL POINTS (99)	PASSING (89)	SCORE:

3.2 ATTACKS FROM THE REAR				
3.2.1	DOUBLE GRIP ON ELBOW & WRIST FROM BEHIND COMMENTS: _____	3.2.1	<input type="checkbox"/>	<input type="checkbox"/>
3.2.2	HAMMERLOCK COMMENTS: _____	3.2.2	<input type="checkbox"/>	<input type="checkbox"/>
3.2.3	TWO HAND GRIP ON ONE WRIST WITH PULL COMMENTS: _____	3.2.3	<input type="checkbox"/>	<input type="checkbox"/>
3.2.4	TWO HANDS ON TWO WRISTS WITH A LIFT COMMENTS: _____	3.2.4	<input type="checkbox"/>	<input type="checkbox"/>
3.2	ATTACKS FROM THE REAR			
	TOTAL POINTS (24)	PASSING (21)	SCORE:	

4.0 COMSEK II (KICKING, PUNCHING AND BODY COORDINATION)

LEFT STANCE 1 2 3 4 5 6 7

RIGHT STANCE 1 2 3 4 5 6 7

COMMENTS: _____

4.0 COMSEK II (KICKING, PUNCHING AND BODY COORDINATION)

TOTAL POINTS (42)

PASSING (36)

SCORE:

5.0 A.S.P. THROWS

5.1 TIME THROWS

5.1 DEFINITION – TIME THROWS

COMMENTS: _____

5.1

5.1.1 OUTER DIRECT TRIPPING (T4)

COMMENTS: _____

5.1.1

5.1.2 INNER DIRECT TRIPPING (T5)

COMMENTS: _____

5.1.2

5.1.3 OUTER REVERSE TRIPPING (T6)

COMMENTS: _____

5.1.3

5.1.4 INNER REVERSE TRIPPING (T7)

COMMENTS: _____

5.1.4

5.1 TIME THROWS

TOTAL POINTS (27)

PASSING (24)

SCORE:

5.2 LEVERAGE THROWS

5.2 DEFINITION – LEVERAGE THROWS

COMMENTS: _____

5.2

5.2.1 BARREL THROW (T8)

COMMENTS: _____

5.2.1

5.2 LEVERAGE THROWS

TOTAL POINTS (09)

PASSING (07)

SCORE:

5.3 MOMENTUM THROWS

5.3 DEFINITION – MOMENTUM THROWS

COMMENTS: _____ 5.3

5.3.1 INNER FLYWHEEL (T9)

COMMENTS: _____ 5.3.1

5.3.2 OUTER FLYWHEEL (T10)

COMMENTS: _____ 5.3.2

5.3 MOMENTUM THROWS

TOTAL POINTS (15)

PASSING (13)

SCORE:

6.0 THROWING COMBINATIONS

6.1 INITIATING FROM A NAPE THROW (T1)

6.1.1 NAPE THROW INTO KNEE TO BASE OF SPINE

COMMENTS: _____ 6.1.1

6.1.2 NAPE THROW INTO STRIKE BETWEEN SHOULDERS

COMMENTS: _____ 6.1.2

6.1.3 NAPE THROW INTO STRIKE TO KIDNEYS

COMMENTS: _____ 6.1.3

6.1.4 NAPE THROW INTO STRIKE TO BASE OF SKULL

COMMENTS: _____ 6.1.4

6.1.5 NAPE THROW INTO INVERTED BARREL THROW

COMMENTS: _____ 6.1.5

6.1.6 NAPE THROW LEG CONTROL FROM THE REAR

COMMENTS: _____ 6.1.6

6.1 INITIATING FROM A NAPE THROW (T1)

TOTAL POINTS (36)

PASSING (32)

SCORE:

6.2 INITIATING FROM A LEG DRIVE (T2)

6.2.1 LEG DRIVE INTO KNEE GROIN THROW (T3)

COMMENTS: _____ 6.2.1

6.2.2 LEG DRIVE INTO KNEE THRUST TO GROIN

COMMENTS: _____ 6.2.2

6.2.3 LEG DRIVE INTO BARREL THROW (T8) – SAME SIDE

COMMENTS: _____ 6.2.3

6.2.4 LEG DRIVE INTO FLYWHEEL (T9, T10) UPON RUSHING

COMMENTS: _____ 6.2.4

6.2 INITIATING FROM A LEG DRIVE (T2)

TOTAL POINTS (24)

PASSING (21)

SCORE:

6.3 INITIATING FROM A KNEE GROIN THROW (T3)

6.3.1 KNEE GROIN INTO BARREL THROW (T8) – SAME SIDE

COMMENTS: _____

6.3.1

6.3.2 KNEE GROIN INTO KNEE GROIN (T3) – OTHER SIDE

COMMENTS: _____

6.3.2

6.3.3 KNEE GROIN INTO INNER REVERSE TRIPPING (T7)

COMMENTS: _____

6.3.3

6.3.4 KNEE GROIN INTO FLYWHEEL (T9, T10) UPON RUSHING

COMMENTS: _____

6.3.4

 6.3 INITIATING FROM A KNEE GROIN THROW (T3)**TOTAL POINTS (24)****PASSING (21)****SCORE:****6.4 INITIATING FROM OUTER DIRECT TRIPPING (T4)**

6.4.1 OUTER DIRECT INTO OUTER REVERSE TRIPPING (T6)

COMMENTS: _____

6.4.1

 6.4 INITIATING FROM OUTER DIRECT TRIPPING (T4)**TOTAL POINTS (06)****PASSING (04)****SCORE:****6.5 INITIATING FROM INNER DIRECT TRIPPING (T5)**

6.5.1 INNER DIRECT INTO SIDE OF FOOT KICK

COMMENTS: _____

6.5.1

6.5.2 INNER DIRECT INTO INNER REVERSE TRIPPING (T7)

COMMENTS: _____

6.5.2

6.5.3 INNER DIRECT INTO BARREL THROW (T8) – SAME SIDE

COMMENTS: _____

6.5.3

6.5.4 INNER DIRECT INTO FLYWHEEL (T9, T10)

COMMENTS: _____

6.5.4

 6.5 INITIATING FROM INNER DIRECT TRIPPING (T5)**TOTAL POINTS (24)****PASSING (21)****SCORE:**

6.6 INITIATING FROM A BARREL THROW (T8)

- 6.6.1 BARREL THROW INTO A LEG DRIVE (T2) 6.6.1
 COMMENTS: _____
- 6.6.2 BARREL THROW INTO KNEE GROIN THROW (T3) 6.6.2
 COMMENTS: _____
- 6.6.3 BARREL THROW INTO INNER REVERSE TRIPPING (T7) 6.6.3
 COMMENTS: _____
- 6.6.4 BARREL THROW INTO BARREL THROW (T8) 6.6.4
 COMMENTS: _____
- 6.6.5 BARREL THROW INTO FLYWHEEL (T9, T10) 6.6.5
 COMMENTS: _____

6.6 INITIATING FROM A BARREL THROW (T8)
TOTAL POINTS (30) PASSING (27) SCORE:

6.7 INITIATING FROM A FLYWHEEL (T9, T10)

- 6.7.1 FIGHTING SITUATION 6.7.1
 COMMENTS: _____
- 6.7.2 FLYWHEEL INTO KNEE GROIN THROW (T3) 6.7.2
 COMMENTS: _____
- 6.7.3 FLYWHEEL INTO SCISSORS ACTION 6.7.3
 COMMENTS: _____

6.7 INITIATING FROM A FLYWHEEL (T9, T10)
TOTAL POINTS (18) PASSING (16) SCORE:

Section	Total Points	Passing	Score
1.0	03	02	
2.0	24	21	
3.0 & 3.1	99	89	
3.2	24	21	
4.0	42	36	
5.1	27	24	
5.2	09	07	
5.3	15	13	
6.1	36	32	
6.2	24	21	
6.3	24	21	
6.4	06	04	
6.5	24	21	
6.6	30	27	
6.7	18	16	
Black Belt II	405	355	