

Antás Dalawa- Level 2

You must log 80 rounds of hand and head sparring before taking the Level 2 test. If you train twice per week, and do five rounds of hand sparring per session, it will take you 8 weeks (about 2 months) to be qualified to take the second test.

Once you have completed all of your rounds, put the following test on video and send it in with the testing fee. If sending through YouTube, you can pay for the fee online.

The entire video should be less than 6 minutes. Your test will be evaluated and any suggestions for further improvement will be sent to you along with your certificate of rank.

The test is as follows:

1 Explain and demonstrate in one minute or less the concept of feinting.

Feints

- Fake to the hand, hit to the head
- Fake to the head, hit to the hand

2 Explain and slowly demonstrate in one minute or less the block and return hit to head drill.

3 Perform a one minute round of the Block and return strike Power Generation Drill.

- Block 1, return 2
- Block 2, return 1
- Block 8 with roof, return 1
- Block 8 with reverse roof, return 2
- A - Light attack, return full power strike to equipment

4 One, 2 minute round of hand and head sparring.