7. Dan Grade technical examinations



1st Dan — Black Belt

WKO 1st Dan/Degree — Black Belt

Purpose: Demonstrate mastery of the complete Kyu grade technical syllabus.

Technical examination of entire WKO Grading Syllabus

- All fundamental blocks, punches & kicking techniques
- Correct footwork, pivots, angles & defensive boxing repertoire.
- Prescribed combinations.
- Counterattacking against punches and kicks.
- Practical understanding of timing and distance.

Physical and practical examination

Component	Requirement
Technical line work	Complete cumulative syllabus
Prescribed combinations	As requested by examiner
Focus mitts & Bag Work	5 × 2 minutes
Kick pads	5 × 2 minutes
Defensive applications	As requested by examiner
Technical sparring	5 × 2 minutes

Knowledge: WKO rules, legal and prohibited techniques, scoring principles, safe training and Black Belt responsibilities.

Teaching assessment: Deliver a structured demonstration of fundamental punches, kicks and defensive counterattacks, identifying common errors and appropriate

Outcome: A WKO 1st Dan/Degree Black Belt must demonstrate sound technical fundamentals, reliable defensive skills, practical application and maturity.