

Junior Black Belt — Black with White Stripe

ADVANCED GRADES | Technical examination standard

Objective

Transitional senior junior achievement; not a Dan degree.

Required techniques

Complete WKO syllabus at an age-appropriate standard; demonstrate maturity, control and understanding.

Mandatory combinations

- 10 panel-selected senior combinations

Defensive application

Demonstrate safe defence and controlled partner work.

Practical examination

Age-adjusted cumulative technical assessment; pad work, shadowboxing, knowledge and approved non-contact/controlled application.

Knowledge and conduct

Responsibility, safeguarding, conduct and readiness for later Dan eligibility.

Examiner standard: assess stance, balance, correct mechanics, accuracy, guard recovery, control, safety and retention of earlier-grade material.

Candidates must demonstrate technique safely; conditioning volumes may be adjusted for age and ability.