

2nd Dan — Black Belt

Classification: Advanced WKO Black Belt

Purpose: Demonstrate advanced technical and tactical competence, including the ability to explain and teach the syllabus.

Additional technical requirements

- Advanced Kickboxing combinations and counters.
- Pressure fighting and counter-fighting strategies.
- Tactical responses to orthodox and southpaw opponents.
- Changing range and tempo, Countering kicks and combinations.
- Technical analysis and error correction.
- Coaching beginner, intermediate & advanced students.

Examination

Component	Requirement
Cumulative technical syllabus	Full
Advanced combinations	10 panel-selected
Focus mitts, Kick Pads, Bag Work	3 × 2 minutes (each)
Defensive applications	15
Technical sparring	5 x 2 Minutes
Coaching demonstration	15 minutes

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

Outcome: A 2nd Dan must be capable of demonstrating advanced technical competence and teaching core kickboxing skills.