



# The International Federation Jeet Kune Do Kim



## Certification standards for Jeet Kune Do Kim system (including black belt III Dan master's category)



**I. White belt. (10 Kyp)**

- 1) Etiquette of behavior in a gym.
- 2) History of Jeet Kune Do martial art.
- 3) General physical training.

**II. White-yellow belt. (9 Kyp)**

- 1) Steps exercise.
- 2) Head-on impact technique.
- 3) Direct kick technique.
- 4) Legs flexibility demonstration.
- 5) General physical training:
  - a) 20 push ups on fists;
  - b) 20 sit ups.

**III. Yellow belt. (8 Kyp)**

- 1) Moving in stances technique.
- 2) Head-on and side impact technique.
- 3) Direct (ap-chagi) and circular forward kick (tolle-chagi) technique.
- 4) Technique of performance of above stated impacts and kicks on a boxing bag.
- 5) General physical training:
  - a) 25 push ups;
  - b) 25 sit ups.
  - c) 25 squats.

**IV. Yellow-green belt. (7 Kyp)**

- 1) Technique of moving in different directions.
  - a) Change of stances.
  - b) Leaving a line of attack.
- 2) Defense:
  - a) evasion to the left/right from direct impact;
  - b) Hands blocks.
- 3) Impacts (direct, side, upper) technique.
- 4) Kicks (direct (ap-chagi), circular-forward (tolle-chagi), side (ep-chagi)) technique.
- 5) Technique of performance of above stated impacts and kicks on a boxing bag.
- 6) Safe falling technique during throw demonstration.
- 7) General physical training:
  - a) 30 push ups;
  - b) 30 sit ups.
  - c) 30 squats.

**V. Green belt. (6 Kyp)**

- 1) Impacts Technique:
  - a) 3 direct impacts;
  - b) 1 side impact;
  - c) 1 upper impact.
- 2) Kicks Technique:
  - a) Direct kick (ap-chagi);
  - b) Circular - forward kick (tolle-chagi);
  - c) Side kick (ep-chagi);
  - d) Side kick with a lash over (kora-chagi);
  - e) Down heel kick from inside (pakuro here-chagi);
  - f) Down heel kick from outside (anuro nere-chagi);
- 3) Defense:
  - a) Evasion to the left/right from direct impact;
  - b) Evasion downwards from impacts;
  - c) Hand blocks from impacts and kicks.
- 4) Technique of performance of above stated impacts and kicks on a boxing bag.
- 5) Fight with shadow - 3 rounds for 3 minutes.
- 6) General physical training:
  - a) 35 push ups;
  - b) 35 sit ups.
  - c) 35 squats.

**VI. Green - dark blue belt. (5 Kyp)**

- 1) Impacts Technique:
  - a) 3 direct impacts;
  - b) 3 side impacts;
  - c) 1 upper impact.



- 2) Kicks Technique:
  - a) Direct kick (ap-chagi);
  - b) Circular - forward kick (tolle-chagi);
  - c) Side kick (ep-chagi);
  - d) Side kick with a lash over (kora-chagi);
  - e) Down heel kick from inside (pakuro here-chagi);
  - f) Down heel kick from outside (anuro nere-chagi);
  - g) Reversed circular kick from inside (pitora-chagi);
- 3) Defense from impacts and kicks.
- 4) Technique of performance of above stated impacts and kicks on a boxing bag.
- 5) Release from grips using throw technique.
- 6) Easy sparring in gloves 3 rounds for 3 minutes.
- 7) General physical training:
  - a) 40 push ups;
  - b) 40 sit ups.
  - c) 40 squats.
  - d) Pulling up - 10 times .

**VII. Dark blue belt. (4 Kyp)**

- 1) Impacts Technique:
  - a) 3 direct impacts;
  - b) 3 side impacts;
  - c) 3 upper impacts.
- 2) Kicks Technique:
  - a) Direct kick (ap-chagi);
  - b) Circular - forward kick (tolle-chagi);
  - c) Side kick (ep-chagi);
  - d) Side kick with a lash over (kora-chagi);
  - e) Down heel kick from inside (pakuro here-chagi);
  - f) Down heel kick from outside (anuro nere-chagi);
  - g) Reversed circular kick from inside (pitora-chagi);
  - h) Direct kick with a 180 turn (titora ep-chagi).
- 3) Defense from impacts and kicks.
- 4) Technique of performance of above stated impacts and kicks on a boxing bag.
- 5) Throw technique demonstration.
- 6) Demonstration of 8 top moves JKD Wing-Chun.
- 7) Easy sparring in gloves 5 rounds for 3 minutes.
- 8) General physical training:
  - a) 45 push ups;
  - b) 45 sit ups.
  - c) 45 squats.
  - d) Pulling up - 12 times .

**VIII. Blue-red belt. (3 Kyp)**

- 1) Impacts Technique:
  - a) Series of two impacts;
  - b) Series of three impacts.On a boxing bag.
- 2) Kicks Technique:
  - a) Direct kick (ap-chagi);
  - b) Circular - forward kick (tolle-chagi);
  - c) Side kick (ep-chagi);
  - d) Side kick with a lash over (kora-chagi);
  - e) Down heel kick from inside (pakuro here-chagi);
  - f) Down heel kick from outside (anuro nere-chagi);
  - g) Reversed circular kick from inside (pitora-chagi);
  - h) Circular kick with a round turn (pandel tolle-chagi).
- 3) Demonstration of defense and counterattack from impacts.
- 4) Demonstration of JKD kickboxing technique (low-kick).
- 5) Demonstration of basic throw technique (pain inducing, chokes, holds).
- 6) Demonstration of JKD Wing-Chun 8 top and 8 bottom moves.
- 7) Easy sparring in gloves - 6 rounds for 3 minutes.
- 8) General physical training:
  - a) 50 push ups;
  - b) 50 sit ups.



- c) 50 squats.
- d) Pulling up - 14 times .

**IX. Red belt. (2 Kyp)**

- 1) Impacts Technique:
  - a) From a far distance;
  - b) From a middle distance;
  - c) From a close distance.
- 2) Demonstration of defense and counterattack from impacts and kicks.
- 3) Demonstration of JKD Thai boxing technique (elbow and knee blows).
- 4) Demonstration of basic throw technique (pain inducing, chokes, holds).
- 5) Demonstration of JKD Wing-Chun 8 top, 8 bottom and 7 cutting off moves.
- 6) Sparring in gloves - 7 rounds for 3 minutes.
- 7) General physical training:
  - a) 55 push ups;
  - b) 55 sit ups.
  - c) 55 squats.
  - d) Pulling up - 16 times .

**X. Red - black belt. (1 Kyp)**

- 1) Demonstration of JKD Wing-Chun technique:
  - a) 8 top moves;
  - b) 8 bottom moves;
  - c) 7 cutting off moves ;
  - d) 9 opening moves.
- 2) Demonstration of JKD Boxing technique:
  - a) From a far distance;
  - b) From a middle distance;
  - c) From a close distance.
- 3) Demonstration of throw technique in counterattacks.
- 4) Sparring in gloves - 8 rounds for 3 minutes.
- 5) General physical training:
  - a) 60 push ups;
  - b) 60 sit ups.
  - c) 60 squats.
  - d) Pulling up - 18 times .

**XI. Black belt I Dan.**

- 1) Demonstration of JKD Wing-Chun technique with throw technique.
- 2) Demonstration of JKD boxing with kembo on a boxing bag - 9 series of impacts.
- 3) Demonstration of JKD kickboxing technique:
  - a) From a far distance;
  - b) From a middle distance;
  - c) From a close distance.
- 4) Sparring in gloves - 10 rounds for 3 minutes.
- 5) Physical force training:
  - a) 70 push ups (30 of them on 5 fingers);
  - b) 70 sit ups;
  - c) 70 squats;
  - d) Pulling up - 20 times.
- 6) Crushing of objects.

**XII. Black belt II Dan.**

- 1) Demonstration of JKD Wing-Chun technique with throw technique.
- 2) Demonstration of JKD Thai boxing technique:
  - a) From a far distance;
  - b) From a middle distance;
  - c) From a close distance.
- 3) Demonstration of cutting-kick, cutting-down and stop-kick technique.
- 4) Demonstration of defense with throw technique against a knife.
- 5) Sparring - 12 rounds for 3 minutes.
- 6) Physical force training:
  - a) 80 push ups (30 of them on 5 fingers, 10 of them on index finger);
  - b) 80 sit ups;
  - c) 80 squats;
  - d) Pulling up - 22 times.
- 7) Crushing of objects.



**XIII. Black belt III Dan.**

- 1) Demonstration of JKD kembo technique on a boxing bag.
- 2) Demonstration of JKD kembo technique with the sparring-partner.
- 3) Demonstration of defense with throw technique against a knife and a stick.
- 4) Demonstration of usage of traditional weapon technique and defense against it.
- 5) Sparring in gloves - 15 rounds for 3 minutes.
- 6) Physical force training:
  - a) 100 push ups (30 of them on 5 fingers, 10 of them on index finger);
  - b) 100 sit ups;
  - c) 100 squats;
  - d) Pulling up - 25 times.
- 7) Crushing of objects (30x30x6 sm wooden board):
  - a) With a fist;
  - b) With a side of the palm;
  - c) With a side kick.