

BLUE 1 BELT TO BROWN BELT- Student Name: \_\_\_\_\_

Judge's name \_\_\_\_\_

Pass

Re-Test

Wait

<b>POWER POSITIONS</b>			
Listening Positions, Attention/Bow, Ready Position			PRW
<b>STANCES</b>			
Fighting Stance			PRW
Kickboxing Stance			PRW
Back Stance			PRW
Horseback Stance			PRW
<b>FOOTWORK</b>			
Same Place Step	PRW	Full Step	PRW
Cross step	PRW	Half Step	PRW
Spin Step	PRW	Shuffle Step	PRW
Slide Step	PRW		
<b>BLOCKS (walking forward in a stance)</b>			
Downward	PRW	Knifehand Middle	PRW
Upward	PRW	High Punch	PRW
Middle Punch	PRW	Knifehand Attack	PRW
Outward	PRW	Knifehand Down	PRW
Inward	PRW	Double Middle	PRW
Side Middle	PRW	Double Down	PRW
G-Block	PRW	Spear hand Attack	PRW
		Modified Knifehand	PRW
<b>KICKBOXING</b>			
Offset Knee Strikes with 1, 2, 3, 4 Drill			PRW
Offset Fighting Roundhouse Kick with 1, 2, 3, 4 Drill			PRW
Kickboxing Pattern #3			PRW
<b>KICKS (walking and/or at a target)</b>			
Rear-leg Front Kick			PRW
Rear-leg Roundhouse Kick			PRW
Slide Front Kick			PRW
Slide Roundhouse Kick			PRW
Slide Side Kick			PRW
Jump Front Kick			PRW
Jump Roundhouse Kick			PRW
Pop up Front Kick			PRW
Pop up Roundhouse Kick			PRW
Back Kick			PRW
Rear-leg Axe Kick			PRW

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**SELF DEFENSE**

Backwards Break Fall, Up Kick, Ground Movement, Technical Stand Up

PRW

Defense Against a Groin Kick

PRW

Right Swing Punch #1

PRW

Right Swing Punch #2

PRW

Right Straight Punch #1

PRW

Right Straight Punch #2

PRW

Side Choke

PRW

Front Choke

PRW

**SPARRING TECHNIQUES**

Offensive

PRW

Defensive

PRW

**FORMS**

PRIMETIME FORM

PRW

PALGWE 3

PRW

PALGWE 4

PRW

CHUMO 1

PRW