

BLUE BELT TO BLUE 1 BELT- Student Name: _____

Judge's name _____

Pass Re-Test Wait

POWER POSITIONS			
Listening Positions, Attention/Bow, Ready Position			PRW
FOOTWORK			
Cross step	PRW	Slide Step	PRW
Same Place Step	PRW	Full Step	PRW
Spin Step	PRW	Half Step	PRW
BLOCKS (walking forward in a stance)			
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 Middl	PRW	Double Down	PRW
KICKBOXING			
Offset Fighting Roundhouse Kick with 1, 2, 3, 4 Drill			PRW.
Kickboxing Pattern #2			PRW
KICKS (walking and/or at a target)			
Jump Roundhouse Kick			PRW
Pop up Roundhouse Kick			PRW
Slide Side Kick			PRW
Rear-leg Roundhouse Kick			PRW
Rear-leg Axe Kick			PRW
SELF DEFENSE			
Right Straight Punch #1			PRW
Right Straight Punch #2			PRW
Side Choke			PRW
Front Choke			PRW
SPARRING TECHNIQUES			
Backfist/Body Punch			PRW
Pull Round Kick, Backfist, Body Punch			PRW
High Block, Body Punch			PRW
Low Block, Body Punch			PRW
Check, Body Punch			PRW
FORMS			
Primetime Form			PRW
Palgwe 2			PRW
Palgwe 4			PRW