

BROWN BELT TO BROWN 1 BELT

Student Name: _____

Judge's name _____

Pass Re-Test Wait

<u>POWER POSITIONS</u>			
Listening Positions, Attention/Bow, Ready Position			P R W
<u>STANCES</u>			
Fighting Stance			P R W
Kickboxing Stance			P R W
Back Stance			P R W
Horseback Stance			P R W
<u>FOOTWORK</u>			
Same Place Step	P R W	Full Step	P R W
Cross step	P R W	Half Step	P R W
Spin Step	P R W	Shuffle Step	P R W
Slide Step	P R W	Side Turns	P R W
<u>BLOCKS (walking forward in a stance)</u>			
Downward	P R W	Knifehand Middle	P R W
Upward	P R W	High Punch	P R W
Middle Punch	P R W	Knifehand Attack	P R W
Outward	P R W	Knifehand Down	P R W
Inward	P R W	Double Middle	P R W
Side Middle	P R W	Double Down	P R W
Spearhand Attack	P R W		
<u>KICKBOXING</u>			
Offset Fighting Roundhouse Kick with 1, 2, 3, 4 Drill			P R W
Offset Elbows with 1, 2, 3, 4 Drill			P R W
Kickboxing Pattern #3			P R W

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<u>KICKS (walking and/or at a target)</u>	
Rear-leg Front Kick	PRW
Rear-leg Roundhouse Kick	PRW
Rear-leg Side Kick	PRW
Rear-leg Axe Kick	PRW
Rear-leg Outside Crescent 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
<u>SELF DEFENSE</u>	
Backwards Break Fall, Up Kick, Ground Movement, Technical Stand Up	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
Pushing Front Choke	PRW
<u>SPARRING TECHNIQUES</u>	
Offensive	PRW
Defensive	PRW
Movement	PRW
Technique	PRW
<u>FORMS</u>	
PRIMETIME FORM	PRW
PALGWE 1	PRW
PALGWE 2	PRW
PALGWE 3	PRW
PALGWE 4	PRW
PALGWE 5	PRW