

GOLD BELT TO GREEN BELT- Student Name: \_\_\_\_\_

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

Pass Re-Test Wait

<b><u>POWER POSITIONS</u></b>			
Listening Positions, Attention/Bow, Ready Position			P R W
<b><u>FOOTWORK</u></b>			
Slide Step Forward/Back			P R W P
Full Step Forward/Back			R W
Half Step Forward/Back			P R W
<b><u>BLOCKS (walking forward in a stance)</u></b>			
Downward	P R W	Inward	P R W
Upward	P R W	Side Middle	P R W
Middle Punch	P R W	Knifehand Middle	P R W
Outward	P R W	Knifehand Attack	P R W
<b><u>STANCES</u></b>			
Fighting Stance Forward/Back	P R W	Walking Front Stance	P R W
Kickboxing Stance Forward/Back	P R W	Walking Back Stance	P R W
<b><u>STRIKES</u></b>			
Palm Strikes Front/Back			P R W
Hammer Fist Strikes Front/Back			P R W
Elbow Side Strike, Upward, Downward			P R W
<b><u>KICKBOXING</u></b>			
Offset Knee Strike with 1, 2, 3, 4 Drill			P R W
Kickboxing Pattern #1			P R W
<b><u>KICKS (walking and/or at a target)</u></b>			
Front Snap Kick			P R W
Push Kick			P R W
Slide Roundhouse Kick			P R W
Rear Leg Roundhouse Kick			P R W
Slide Side Kick			P R W
<b><u>SELF DEFENSE</u></b>			
Backwards Break Fall, Turtle Position, Up Kick, Ground Movement, Technical Stand Up			P R W
Defense Against a Groin Kick			P R W
Right Swing Punch #1			P R W
Right Swing Punch #2			P R W
<b><u>FORMS</u></b>			
PRIMETIME FORM			P R W
PALGWE 1			P R W