

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

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

Pass

Re-Test

Wait

<b><u>POWER POSITIONS</u></b>			
Listening Positions			PRW
Attention/Bow			PRW
Ready Position			PRW
<b><u>FOOTWORK</u></b>			
Slide Step Forward/Back			PRW
Full Step Forward/Back			PRW
Half Step Forward/Back			PRW
Cross step Front/Back			PRW
<b><u>BLOCKS (walking forward in a stance)</u></b>			
Downward	PRW	Knifehand Middle	PRW
Upward	PRW	Knifehand Attack	PRW
Middle Punch	PRW	Knifehand Down	PRW
Outward	PRW	Double Middle	PRW
Inward	PRW	Double Down	PRW
Side Middle	PRW		
<b><u>KICKBOXING</u></b>			
Offset Fighting Roundhouse Kick with 1, 2, 3, 4 Drill			PRW
Kickboxing Pattern #2			PRW
<b><u>KICKS (walking and/or at a target)</u></b>			
Rear Leg Front Kick			PRW
Rear Leg Roundhouse Kick			PRW
Jump Roundhouse Kick			PRW
Pop Up Roundhouse Kick			PRW
<b><u>SELF DEFENSE</u></b>			
Backwards Break Fall, Turtle Position, 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
<b><u>SPARRING TECHNIQUES</u></b>			
Offense			PRW
Defense			PRW
<b><u>FORMS</u></b>			
PRIMETIME FORM			PRW
PALGWE 1			PRW
PALGWE 2			PRW