

ORANGE BELT TO GOLD BELT - Student Name: _____

Judge's name _____

Pass Re-Test Wait

<p><u>POWER POSITIONS</u> Listening Positions Attention/Bow Ready Position</p>	<p>PRW PRW PRW</p>
<p><u>FOOTWORK</u> Slide Step Forward/Back Full Step Forward/Back Half Step Forward/Back</p>	<p>PRW PRW PRW</p>
<p><u>BLOCKS (walking forward in a stance)</u> Downward Upward Middle Punch Outward</p> <p><u>STANCES</u> Fighting Stance Forward/Back Kickboxing Stance Forward/Back Walking Front Stance</p> <p><u>STRIKES</u> Palm Strikes Front/Back Hammer Fist Strikes Back Side Elbow Strikes, Upward</p> <p><u>KICKBOXING</u> Kickboxing Pattern 1</p>	<p>PRW PRW PRW PRW</p> <p>PRW PRW PRW</p> <p>PRW PRW PRW</p> <p>PRW</p>
<p><u>KICKS (walking and/or at a target)</u> Front Snap Kick Push Kick Slide Roundhouse Kick Rear Leg Roundhouse Kick</p>	<p>PRW PRW. PRW PRW</p>
<p><u>SELF DEFENSE</u> Backwards Break Fall, Turtle Position, Up Kick, Ground Movement, Technical Stand Up Defense Against a Groin Kick</p>	<p>PRW PRW</p>
<p><u>FORMS</u> All of PRIMETIME FORM</p>	<p>PRW</p>