

PURPLE BELT TO BLUE BELT- Student Name: _____

Judge's name _____

Pass

Re-Test

Wait

POWER POSITIONS			
Listening Positions, Attention/Bow, Ready Position			PRW
FOOTWORK (forward/back)			
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	Knifehand Attack	PRW
Middle Punch	PRW	Knifehand Down	PRW
Outward	PRW	Double Middle	PRW
KICKBOXING			
Offset Fighting Roundhouse Kick with 1, 2, 3, 4 Drill			PRW
Kickboxing Pattern #2			PRW
KICKS (walking and/or at a target)			
Rear Leg Front Kick			PRW
Rear Leg Roundhouse Kick			PRW
Jump Roundhouse Kick			PRW
Pop Up Roundhouse Kick			PRW
Back Kick			PRW
SELF DEFENSE			
Backwards Break Fall, Turtle Position, Up Kick, Ground Movement, Technical Stand Up			PRW
Defense Against a Groin Kick			PRW
Right Swing Punch #2			PRW
Right Straight Punch #1			PRW
Right Straight Punch #2			PRW
Side Choke			PRW
SPARRING TECHNIQUES			
Backfist/Body Punch	PRW	High Block, Body Punch	PRW
Pull Round Kick, Backfist, Body Punch	PRW	Low Block, Body Punch	PRW
FORMS			
PRIMETIME FORM			PRW
PALGWE 3			PRW