

RED 1 BELT to RED BLACK BELT- Student Name: \_\_\_\_\_

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

Pass Re-Test Wait

<b>POWER POSITIONS</b>			
Listening Positions, Attention/Bow, Ready Position			PRW
<b>STANCES</b>			
Fighting Stance			PRW
Kickboxing Stance			PRW
Back Stance			PRW
Horseback Stance			PRW
<b>FOOTWORK</b>			
Cross step	PRW	Full Step	PRW.
Spin Step	PRW	Half Step	PRW
Slide Step	PRW	Shuffle Step	PRW
<b>BLOCKS (walking forward in a stance)</b>			
Downward	PRW	Knifehand Middle	PRW.
Upward	PRW	High Punch	PRW
Middle Punch	PRW	Knifehand Attack	PRW
Outward	PRW	Knifehand Down	PRW
Inward	PRW	Double Middle	PRW
Side Middle	PRW	Double Down	PRW
<b>KICKBOXING</b>			
Offset Fighting Roundhouse Kick with 1, 2, 3, 4 Drill			PRW
Offset Elbows with 1, 2, 3, 4 Drill			PRW
Kickboxing Pattern #4			PRW
<b>SELF DEFENSE</b>			
Backwards Break Fall, 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
Side Choke			PRW
Front Choke			PRW
Pushing Front Choke			PRW
Back Choke			PRW
2 Hand Lapel Grab #1			PRW
2 Hand Lapel Grab #2			PRW

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Pass

Re-Test

Wait

	Pass	Re-Test	Wait
<b><u>KICKS (walking and/or at a target)</u></b>			
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
Rear-leg Inside 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
Spin Outside Crescent Kick			PRW
Slide Hook Kick			PRW
Wheel Kick			PRW
<b><u>SPARRING TECHNIQUES</u></b>			
Offensive			PRW
Defensive			PRW
Movement			PRW
Technique			PRW
<b><u>FORMS</u></b>			
PRIMETIME FORM			PRW
PALGWE 2			PRW
CHUMO 1			PRW
PALGWE 5			PRW
CHUMO 2			PRW
PALGWE 6			PRW
CHUMO 3			PRW