

RED to RED I 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

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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
<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