

# WHITE BELT TO ORANGE BELT Student Name: \_\_\_\_\_

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

Pass Re-Test Wait

<p><b><u>POWER POSITIONS</u></b></p> <p>Listening Positions Attention/Bow Ready Position</p>	<p>PRW PRW PRW</p>
<p><b><u>FOOTWORK</u></b></p> <p>Switching Stances Slide Step Forward/Back Full Step Forward/Back Half Step Forward/Back</p>	<p>PRW PRW PRW PRW</p>
<p><b><u>BLOCKS (stationary in ready position)</u></b></p> <p>Downward Upward Middle Punch Outward</p> <p><b><u>STANCES</u></b></p> <p>Fighting Stance Kickboxing Stance Walking Front Stance</p>	<p>PRW PRW PRW PRW  PRW PRW PRW</p>
<p><b><u>STRIKES</u></b></p> <p>Palm Strikes Front/Back Hammer Strike Side Elbow Strike</p>	<p>PRW PRW PRW</p>
<p><b><u>KICKBOXING</u></b></p> <p>Kickboxing Pattern 1</p>	<p>PRW</p>
<p><b><u>KICKS (walking and/or at a target)</u></b></p> <p>Front Snap Kick Push Kick Rear-Leg Round House Kick</p> <p><b><u>SELF DEFENSE</u></b></p> <p>Backwards Break Fall Turtle Position/Ground Movement Up Kick Technical Stand Up</p>	<p>PRW PRW PRW  PRW PRW PRW PRW</p>
<p><b><u>FORMS</u></b></p> <p>First Half of PRIMETIME FORM</p>	<p>PRW</p>