

BLUE STRIPE



SELF-DEFENSE

REQUIRED FOR TESTING

SELF-DEFENSE "C" NO. 3-4

WORK ON IN CLASS

1. ALL PREVIOUS SELF-DEFENSE
2. ONE STEP AGAINST ATTACK #1 AND #2



BASICS

1. REVIEW OF BASIC STANCES AND BLOCKS
2. BO STEP SPARRING



SPORT COMBINATIONS AND DRILLS

KICK COMBINATIONS:

1. FRONT LEG MIDDLE SNAP CRESCENT, BACK TURNING HOOK KICK
2. STEP BEHIND FRONT LEG HOOK KICK, SKIP LOW- HIGH FRONT LEG ROUNDHOUSE [WITHOUT THE FOOT TOUCHING]

SPORT COMBINATIONS:

OFFENSE:

1. JAB, DUCKING REVERSE HOOK PUNCH, AXE KICK, JUMP BACK KICK
2. FRONT LEG MIDDLE SNAP CRESCENT, REVERSE PUNCH, BACK LEG PUSH KICK, STEP BEHIND FRONT LEG SIDE KICK

DEFENSE:

1. STEP AWAY FOOT TO FOOT, SWING KICK

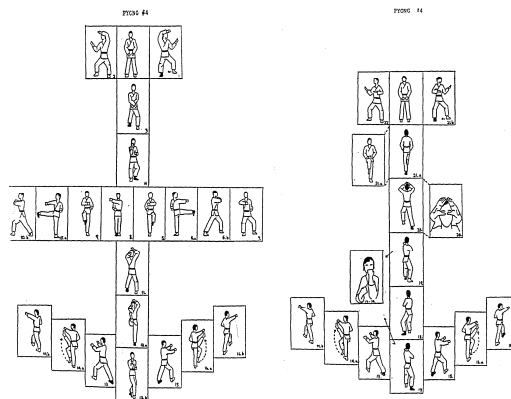
HAND:

1. DOUBLE JAB, ANGLE REVERSE PUNCH



FORM OR BUNKAI [APPLICATION]

ALL LOWER FORMS AND PYONG 4 BUNKAI



OTHER

1. THEORY ZANSEN
2. ORAL QUESTIONS
3. SPARRING FREE SPARRING AND AGAINST TWO
4. ATTITUDE
5. CLASS ATTENDANCE TIME REQUIRED IN LAST RANK [MINIMUM OF 2 MONTHS]
6. TEST FEE \$20.00

7. WRITTEN HISTORY OF THE NUNCHAKUS
8. BREAKING TWO BOARDS [STUDENTS CHOICE]