



BROWN- BLACK STRIPE



SELF-DEFENSE

REQUIRED FOR TESTING

1. ALL PREVIOUS DEFENSES
- 2.. OPEN ATTACK AGAINST KICK, GRAB AND HAND ATTACKS

WORK ON IN CLASS

1. ALL PREVIOUS SELF-DEFENSE



BASICS

1. REVIEW OF ALL FORMS, BASICS, SPORT, SELF-DEFENSE ON ALL SHEETS UP TO BROWN-RED STRIPE BELT
2. WEAPONS ONE STEP #1-#5
3. DEMONSTRATION OF BASIC FALLING



SPORT COMBINATIONS AND DRILLS

360 Backward turn jump kicks

- Front kick
- Roundhouse kick
- Crescent kick
- Side kick
- Ax kick

Hand

- 1 Outside block, chicken beak



FORM OR BUNKAI [APPLICATION]

ALL LOWER FORMS AND KU SAN KU

OTHER

1. ORAL AND AWARENESS QUESTIONS
2. SPARRING FREE SPARRING, FLOW SPARRING, FLOOR, 2 ON ONE, AND TEACHING STYLE
3. ATTITUDE HELP IN CLASSES ON A REGULAR BASIS, MUST HAVE A RECORD OF CLASSES HELPED IN. MUST HAVE PARENTS AND INSTRUCTOR PERMISSION TO TEST
4. CLASS ATTENDANCE TIME REQUIRED IN LAST RANK [MINUMIN OF 2 MONTHS]
5. TEST FEE \$20.00

6. WRITTEN COMPLETE NOTE BOOK WITH NOTES ON EACH SHEET
7. HELPING 8 HELPER CLASSES
8. DEMO ANY KIND OF DEMO EXCEPT JUST TALKING
9. BREAKING [STUDENTS AND/OR INSTRUCTORS CHOICE
10. MUST BE A MEMBER OF NATO
11. LOG OF CLASSES YOU HAVE HELPED IN