



# BROWN- BLUE STRIPE



## SELF-DEFENSE

### REQUIRED FOR TESING

1. OPEN ONE STEPS FROM ATTACKS  
#4-#6

### WORK ON IN CLASS

1. ALL PREVIOUS SELF-DEFENSE



## BASICS

1. REVIEW OF ALL FORMS, BASICS, SPORT, SELF-DEFENSE ON ALL SHEETS UP TO BLUE BELT
2. ADVANCED FLOWING BO
3. DEMONSTRATION OF BASIC FALLING



## SPORT COMBINATIONS AND DRILLS

### 360 kicks

1. Stepping forward
  - Back kick
  - Swing kick
  - Crescent kick
  - Hook kick
  - Ax kick
2. Stepping backward
  - Front kick
  - Roundhouse kick
  - Crescent Kick
  - Side kick
  - Ax Kick

### Hand

- 1 Knuckle punches to soft tissue or nerve points



## FORM OR BUNKAI [APPLICATION]

ALL LOWER FORMS AND TOKUMINE BO

## 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 [MINIMUM OF 2 MONTHS]
5. TEST FEE \$20.00

6. WRITTEN BEGINNING NOTE BOOK WITH NOTES UP TO YOUR HIGHEST MINI TEST
7. HELPING 8 HELPER CLASSES
8. DEMO CREATIVE MUSICAL WEAPON FORM
9. BREAKING [STUDENTS AND/OR INSTRUCTORS CHOICE]
10. MUST BE A MEMBER OF NATO
11. LOG OF CLASSES YOU HAVE HELPED IN