

BROWN- GREEN STRIPE



SELF-DEFENSE

REQUIRED FOR TESTING

1. 4 CORNER DOUBLE GRABS AND ATTACKS
2. BASIC FALLING

WORK ON IN CLASS

1. ALL PREVIOUS SELF-DEFENSE



BASICS

1. REVIEW OF ALL FORMS, BASICS, SPORT, SELF-DEFENSE ON ALL SHEETS UP TO GREEN BELT
2. KAMA BASICS
3. DEMONSTRATION OF BASIC FALLING



SPORT COMBINATIONS AND DRILLS

Jump away kicks

1. Back leg front kick
2. Back leg roundhouse kick
3. Step away, front leg jump side kick
4. Step away back kick

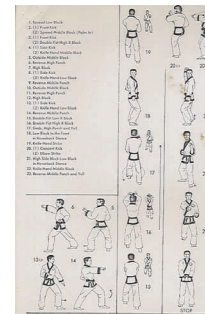
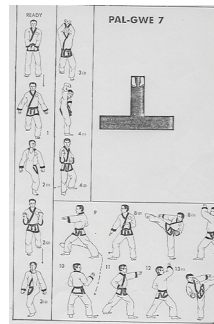
Hand

1. Front hand, knifehand block, long fist



FORM OR BUNKAI [APPLICATION]

ALL LOWER FORMS AND PALGWE 7



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 HISTORY OF KAMA (paper must be typed)
7. HELPING 8 HELPER CLASSES
8. DEMO CREATIVE OPEN HAND FORM
9. BREAKING [STUDENTS AND/OR INSTRUCTORS CHOICE]
10. MUST BE A MEMBER OF NATO