

BROWN- PURPLE STRIPE



SELF-DEFENSE

REQUIRED FOR TESTING

1. OPEN ONE STEPS FROM ATTACKS #1-#3

WORK ON IN CLASS

1. ALL PREVIOUS SELF-DEFENSE



BASICS

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



SPORT COMBINATIONS AND DRILLS

3 step attacks

1. 3 step round house drill
2. 3 step forward, front leg roundhouse attack
3. 3 step forward, back leg roundhouse attack

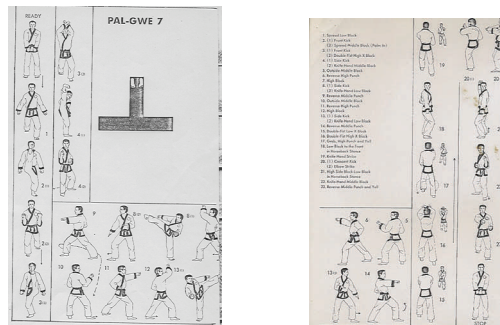
Hand

- 1 Front high block, 2 finger spear to the eyes
- 2 Nerve point, single finger attacks



FORM OR BUNKAI [APPLICATION]

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

Omega Tao—Nov 2010