



BROWN- RED STRIPE



SELF-DEFENSE

REQUIRED FOE TESTING

1. OPEN 2 STEPS

WORK ON IN CLASS

1. ALL PREVIOUS SELF-DEFENSE



BASICS

1. REVIEW OF ALL FORMS, BASICS, SPORT, SELF-DEFENSE ON ALL SHEETS UP TO RED BELT
2. DOUBLE NUNCHAKU AND ADVANCED PASSES
3. DEMONSTRATION OF BASIC FALLING



SPORT COMBINATIONS AND DRILLS

360 Forward turn jump kicks

- Back kick
- Swing kick
- Crescent kick
- Hook kick
- Ax kick

Hand

- 1 Front hand knifehand block, thumb strike to the temple



FORM OR BUNKAI [APPLICATION]

ALL LOWER FORMS AND NIGI 1

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 BEGINNING NOTE BOOK WITH NOTES UP TO YOUR HIGHEST MINI TEST
7. HELPING 8 helper classes
8. DEMO MUSICAL SELF DEFENSE DEMO
9. BREAKING [STUDENTS AND/OR INSTRUCTORS CHOICE
10. MUST BE A MEMBER OF NATO
11. LOG OF CLASSES YOU HAVE HELPED IN

Omega Tao—Nox 2010