

BROWN-YELLOW STRIPE



SELF-DEFENSE

REQUIRED FOR TESTING

1. 4 CORNER ATTACKS SINGLE GRABS AND ATTACKS
2. LONG DISTANCE
 - A. WALKING
 - B. RUNNING

WORK ON IN CLASS

1. ALL PREVIOUS SELF-DEFENSE



BASICS

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



SPORT COMBINATIONS AND DRILLS

180 jump kicks

1. Back leg jump roundhouse, jump backkick
2. Back leg jump roundhouse, jump crescent kick
3. Back leg jump roundhouse, jump hook kick
4. Switch back jump front kick

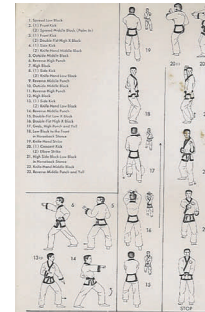
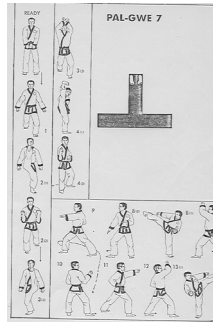
Hand

1. Front hand knifehand block, tiger claw



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 HISTORY OF THE SAI (paper must be typed)
7. HELPING 8 HELPER CLASSES
8. DEMO SELF DEFENSE [2 OR MORE PEOPLE]
9. BREAKING [STUDENTS AND/OR INSTRUCTORS CHOICE]
10. MUST BE A MEMBER OF NATO
11. LOG OF CLASSES YOU HAVE HELPED IN