

# RED BELT



## SELF-DEFENSE

### REQUIRED FOR TESTING

SELF-DEFENSE "C" NO. 5-8B

### WORK ON IN CLASS

1. ALL PREVIOUS SELF-DEFENSE
2. ONE STEP AGAINST ATTACK #1 -#3



## BASICS

1. REVIEW OF BASIC STANCES AND BLOCKS
2. NUNCHAKU BASICS



## SPORT COMBINATIONS AND DRILLS

### KICK COMBINATIONS:

1. 180 FLOOR SWEEP, BACK SWING KICK
2. FLYING SIDE KICK [CHOICE OF 3 WAYS]

### SPORT COMBINATIONS:

#### OFFENSE:

1. DOUBLE STEP FRONT FOOT SWEEP, REVERSE UPSET PUNCH, CIRCLE STEP
2. DOUBLE STEP BACK OF THE LEG HOOK KICK, LEAD LEG ROUNDHOUSE, CIRCLE STEP PUNCH

#### DEFENSE:

1. FALLING AWAY SIDE KICK
2. JUMP AWAY SIDE KICK

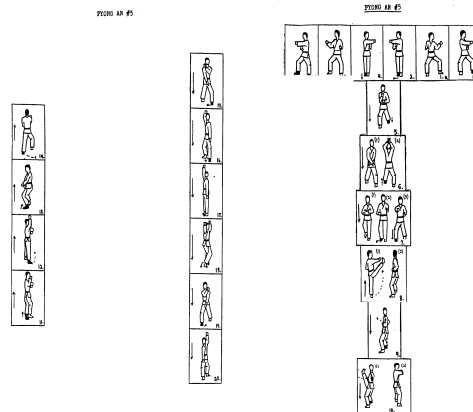
#### HAND:

1. V STEPS [ANGLE STEPS] -  
[6 TOTAL—3 FORWARD WITH HAND /  
3 BACKWARD WITH KICK]



## FORM OR BUNKAI [APPLICATION]

### ALL LOWER FORMS AND PYONG 5



## OTHER

1. ORAL QUESTIONS
2. SPARRING FREE SPARRING AND AGAINST TWO
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 \$25.00

6. WRITTEN HISTORY OF MARTIAL ARTS
7. HELPING 8 HELPER CLASSES
8. BREAKING STUDENTS CHOICE AND/OR INSTRUCTORS CHOICE
9. MUST JOIN NATO BEFORE TESTING [\$20 FOR NON BLACK BELTS]