

# RED STRIPE



## SELF-DEFENSE

### REQUIRED FOR TESTING

- 1. ONE STEP AGAINST ATTACK #1 -#5
- 2. LEVEL #3



### WORK ON IN CLASS

- 1. ALL PREVIOUS SELF-DEFENSE
- 2. OPEN ESCAPES FROM SELF-DEFENSE "C"



## BASICS

- 1. REVIEW OF BASIC STANCES AND BLOCKS
- 2. NUNCHAKU STEP SPARRING



## SPORT COMBINATIONS AND DRILLS

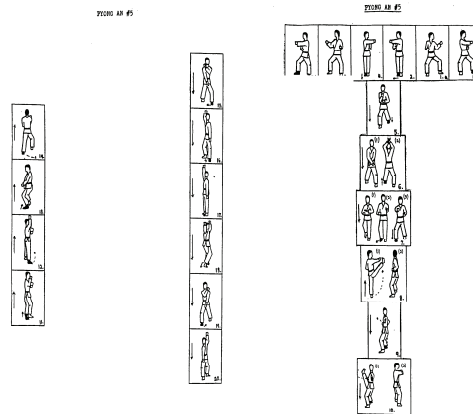
### KICKS, HAND & FOOTWORK

- ELBOW STRIKES
- SHIN KICKS
- ARK KICK [45 DEGREE ROUNDHOUSE]
- FLOOR KICKS [BACK, DOWN, ANGLES, ETC]
- 180 JUMP KICKS



## FORM OR BUNKAI [APPLICATION]

### ALL LOWER FORMS AND PYONG 5 BUNKAI



## OTHER

- 1. ORAL AND AWARENESS QUESTIONS
- 3. SPARRING FREE SPARRING, FLOW SPARRING, FLOOR, 2 ON ONE, AND TEACHING STYLE
- 4. ATTITUDE HELP IN CLASSES ON A REGULAR BASIS, MUST HAVE A RECORD OF CLASSES HELPED IN. MUST HAVE PARENTS AND INSTRUCTOR PERMISSION TO TEST
- 5. CLASS ATTENDANCE TIME REQUIRED IN LAST RANK [MINIMUM OF 2 MONTHS]

- 6. TEST FEE \$20.00
- 7. WRITTEN HISTORY OF THE TONFA [paper must be typed]
- 8. HELPING 8 HELPER CLASSES
- 9. BREAKING [STUDENTS AND/OR INSTRUCTORS CHOICE]
- 10. MUST BE A MEMBER OF NATO