

Fighting techniques (con't)

rear-hand ridge hand, front-hand ridge hand.

Fighting footwork: lunge, slide-up, step through, spin.

Fighting combinations: any series of punches and kicks as determined by the examiners.

Bag work: (1) round of punching combinations only. (1) round of kicking combinations. (2) rounds of punching and kicking.

Free sparring: (5) rounds of sparring. Examiners will look for: control, offense, defense, footwork, scoring ability with techniques and attitude while sparring.

Matwork

Rolls: forward and backward

Break falls: back fall, front fall, side fall, rolling side fall, aerial side fall

Self Defense

Basic self defenses against: two-handed push, two handed choke, two handed neck grab from behind, side headlock, rear bear-hug.

Grappling: must be able to show - the mount, the proper bottom position, the guard and the side mount.

Submissions: from the mount - the guillotine choke, the armbar. from the guard - the armbar in the guard - sitting back into the ankle lock.

Physical Fitness requirements

The run: half-mile run on the track above the second floor gym (11 laps).

Pushups: 40 pushups with good form

Situps: 50 situps with good form

Jumping jacks: 100 with good form

Leg lifts: 30 with good form

Jump squats: 30 with good form