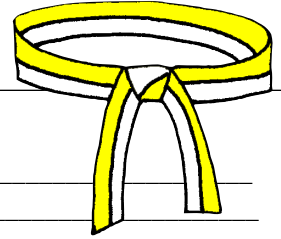




White to Yellow/White Belt

Testing Fee \$20



Stances

- Kiotsuke _____ Feet together _____ Hands to the side _____
- Heiko Dachi _____ Right leg moves _____ Double fist position _____
- Hidiari Kamae _____ Left side forward _____ Oblique stance _____ Kiai _____

Falls

- Left Side Stay Down _____ Right leg leads _____ Over right shoulder _____ Kiai _____
- Back Fall _____ Head up _____ Palms down @ 45 degrees _____ Kiai _____
- Front Fall _____ Turn head _____ Arms bend on impact _____ Kiai _____

Blocks (Long Range)

- Upper Block _____ Close fist _____ Cover head _____ Kiai _____
- Down Block _____ Close fist _____ Sweep arm past body _____ Kiai _____
- Shin Block _____ Elbow and Knee touch _____ Angle out to protect from head to toe _____ Kiai _____

Strikes (Long Range)

- Jab _____ Step w/ jab _____ Rotate fist _____ Elbow rises _____ Kiai _____
- Cross _____ Rotate back foot _____ Rotate fist _____ Kiai _____

Kicks (Long Range)

- Front Snap Kick _____ Kick w/ back leg _____ Toes pulled up _____ Kiai _____

Throws and Takedowns (Clinch)

- Osoto gari _____ Step past opponents foot _____ Sweep calf to calf _____
- Double Leg Takedown _____ Jab/Cross _____ Bumpers up _____ Hug knees _____

Positions (Ground Fighting)

- Guard _____ Lock feet around opponent _____ Wrist control _____
- Open Guard _____ Unlock feet around opponent _____ Wrist control _____
- Side Mount _____ Arms under head and shoulder _____ One knee in _____
- Mount (High) _____ Sit up tall _____ Pin opponents shoulders _____

Counters/Escapes (Ground Fighting)

- Bridging _____ Lift bottom high _____
- Shrimping _____ Turn to your side _____ Drive with bent/post leg _____

Submissions (Ground Fighting)

- Mount to Juji-Gatame _____ Grab arm _____ Pin shoulder _____ Palm up _____
- Rear Naked Choke _____ Figure 4 _____