

F P P BLOCKS

- Upward block
- Inward block
- Extended outward block
- Downward block
- Push down block
- Inward parry
- Outward parry

F P- P STRIKES

- Straight punch
- Vertical punch
- Backfist
- Hooking backfist
- Inward hammerfist
- Outward hammerfist
- Downward hammerfist
- Back hammerfist
- Forward hammerfist

F P Uniform

- Tie belt properly
- School Patch
- Flag Patch
- Town Patch

F P- P KICKS

- Front kick
- Side kick
- Roundhouse kick
- Back kick
- Chicken kick
- Hook kick
- Rear knee

F P- P STANCES

- Horstance
- Meditating horstance
- Neutral bow
- Forward bow
- Reverse bow
- Cat stance
- Front twist stance
- Rear twist stance
- In place twist stance

F P- P KATA/BELT

- Stance Set Long
- Punch Set
- Block Set Long

F P- P PROPER FORM

- Proper Squats form minimum
- Proper Push ups form minimum
- Proper Sit ups form minimum
- Proper Pull ups form minimum

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F P

- I intend to develop myself in a positive manner, and avoid anything that would reduce my mental growth or my physical health.
- I intend to develop self-discipline in order to bring out the best in myself and others.
- This is a Black Belt school. As a student, my goal is to achieve Black Belt!

*Must earn a score of **87** or above to qualify to train with the purple belts in the intermediate class.



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