

# 3rd RED BELT ESSENTIALS

Name \_\_\_\_\_

<b>F P- P BLOCKS</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Upward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Extended outward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Downward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Push down block <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward parry <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward parry <input type="radio"/> <input type="radio"/> <input type="radio"/> Vertical outward block  <b>F P- P STRIKES</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Straight punch <input type="radio"/> <input type="radio"/> <input type="radio"/> Vertical punch <input type="radio"/> <input type="radio"/> <input type="radio"/> Backfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Hooking backfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Downward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Back hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Forward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Palm strike	<b>F P- P KICKS</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Front kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Side kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Roundhouse kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Back kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Chicken kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Hook kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Rear knee  <b>F P- P STANCES</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Horsestance <input type="radio"/> <input type="radio"/> <input type="radio"/> Meditating horsestance <input type="radio"/> <input type="radio"/> <input type="radio"/> Neutral bow <input type="radio"/> <input type="radio"/> <input type="radio"/> Forward bow <input type="radio"/> <input type="radio"/> <input type="radio"/> Reverse bow <input type="radio"/> <input type="radio"/> <input type="radio"/> Cat stance <input type="radio"/> <input type="radio"/> <input type="radio"/> Front twist stance <input type="radio"/> <input type="radio"/> <input type="radio"/> Rear twist stance <input type="radio"/> <input type="radio"/> <input type="radio"/> In place twist stance <input type="radio"/> <input type="radio"/> <input type="radio"/> Set Position <input type="radio"/> <input type="radio"/> <input type="radio"/> Ready Position	<b>F P- P STRIKES</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Upward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Downward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward/downward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward/downward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Two finger eye poke <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward Handsword <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward Handsword  <b>F P- P KICKS</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Spinning hook kick <input type="radio"/> <input type="radio"/> <input type="radio"/> 360 inward crescent kick <input type="radio"/> <input type="radio"/> <input type="radio"/> 180 outward crescent kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Axe kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Spinning back kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward crescent kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward crescent kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Stomp kick	<b>F P- P BLOCKS</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Inside downward block (palm up) <input type="radio"/> <input type="radio"/> <input type="radio"/> Inside downward block (palm dn)  <b>F P- P STRIKES</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Reverse hand sword <input type="radio"/> <input type="radio"/> <input type="radio"/> Uppercut punch <input type="radio"/> <input type="radio"/> <input type="radio"/> Vertical backfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Upward crane strike <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward crane strike <input type="radio"/> <input type="radio"/> <input type="radio"/> Middle knuckle fist <input type="radio"/> <input type="radio"/> <input type="radio"/> Half fist <input type="radio"/> <input type="radio"/> <input type="radio"/> Four finger eye poke <input type="radio"/> <input type="radio"/> <input type="radio"/> Inverted spear hand thrust <input type="radio"/> <input type="radio"/> <input type="radio"/> Vertical spear hand thrust <input type="radio"/> <input type="radio"/> <input type="radio"/> 2 finger whip <input type="radio"/> <input type="radio"/> <input type="radio"/> 2 finger hook <input type="radio"/> <input type="radio"/> <input type="radio"/> 4 finger slice <input type="radio"/> <input type="radio"/> <input type="radio"/> 4 finger rake  <b>F P UNIFORM</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Tie belt properly
---	---	--	---

\*Must earn a score of **134** or above to qualify to train with the purple belts in the intermediate class.

## RESULTS

☐

Pass.

☐

Re-test required.

/140

Instructor \_\_\_\_\_ Date \_\_\_\_\_

**\*\*Scoring :** There are 140 possible points. An "F"= minus 2 points, A "P-" = minus 1 point.

# 3rd RED BELT ESSENTIALS

Name \_\_\_\_\_

<b>F P- P BLOCKS</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Upward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Extended outward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Downward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Push down block <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward parry <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward parry <input type="radio"/> <input type="radio"/> <input type="radio"/> Vertical outward block  <b>F P- P STRIKES</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Straight punch <input type="radio"/> <input type="radio"/> <input type="radio"/> Vertical punch <input type="radio"/> <input type="radio"/> <input type="radio"/> Backfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Hooking backfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Downward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Back hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Forward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Palm strike	<b>F P- P KICKS</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Front kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Side kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Roundhouse kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Back kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Chicken kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Hook kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Rear knee  <b>F P- P STANCES</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Horsestance <input type="radio"/> <input type="radio"/> <input type="radio"/> Meditating horsestance <input type="radio"/> <input type="radio"/> <input type="radio"/> Neutral bow <input type="radio"/> <input type="radio"/> <input type="radio"/> Forward bow <input type="radio"/> <input type="radio"/> <input type="radio"/> Reverse bow <input type="radio"/> <input type="radio"/> <input type="radio"/> Cat stance <input type="radio"/> <input type="radio"/> <input type="radio"/> Front twist stance <input type="radio"/> <input type="radio"/> <input type="radio"/> Rear twist stance <input type="radio"/> <input type="radio"/> <input type="radio"/> In place twist stance <input type="radio"/> <input type="radio"/> <input type="radio"/> Set Position <input type="radio"/> <input type="radio"/> <input type="radio"/> Ready Position	<b>F P- P STRIKES</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Upward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Downward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward/downward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward/downward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Two finger eye poke <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward Handsword <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward Handsword  <b>F P- P KICKS</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Spinning hook kick <input type="radio"/> <input type="radio"/> <input type="radio"/> 360 inward crescent kick <input type="radio"/> <input type="radio"/> <input type="radio"/> 180 outward crescent kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Axe kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Spinning back kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward crescent kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward crescent kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Stomp kick	<b>F P- P BLOCKS</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Inside downward block (palm up) <input type="radio"/> <input type="radio"/> <input type="radio"/> Inside downward block (palm dn)  <b>F P- P STRIKES</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Reverse hand sword <input type="radio"/> <input type="radio"/> <input type="radio"/> Uppercut punch <input type="radio"/> <input type="radio"/> <input type="radio"/> Vertical backfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Upward crane strike <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward crane strike <input type="radio"/> <input type="radio"/> <input type="radio"/> Middle knuckle fist <input type="radio"/> <input type="radio"/> <input type="radio"/> Half fist <input type="radio"/> <input type="radio"/> <input type="radio"/> Four finger eye poke <input type="radio"/> <input type="radio"/> <input type="radio"/> Inverted spear hand thrust <input type="radio"/> <input type="radio"/> <input type="radio"/> Vertical spear hand thrust <input type="radio"/> <input type="radio"/> <input type="radio"/> 2 finger whip <input type="radio"/> <input type="radio"/> <input type="radio"/> 2 finger hook <input type="radio"/> <input type="radio"/> <input type="radio"/> 4 finger slice <input type="radio"/> <input type="radio"/> <input type="radio"/> 4 finger rake  <b>F P UNIFORM</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Tie belt properly
---	---	--	---

\*Must earn a score of **134** or above to qualify to train with the purple belts in the intermediate class.

## RESULTS

☐

Pass.

☐

Re-test required.

/140

Instructor \_\_\_\_\_ Date \_\_\_\_\_

**\*\*Scoring :** There are 140 possible points. An "F"= minus 2 points, A "P-" = minus 1 point.