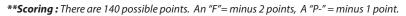
3rd RED BELT ESSENTIALS Name_____

	 P. P BLOCKS O Upward block O Inward block O Extended outward block O Downward block O Downward block O Push down block O Inward parry O Outward parry O Vertical outward block P STRIKES O Straight punch O Vertical punch O Backfist O Inward hammerfist O Outward hammerfist O Downward hammerfist O Downward hammerfist O Downward hammerfist O Corrward hammerfist O Downward hammerfist O Downward hammerfist 	 O O Back kick O Chicken kick O Hook kick O Rear knee F P- P STANCES O O Horsestance O O Meditating horsestance O O Neutral bow O O Forward bow O O Reverse bow O O Cat stance O O Front twist stance O O Rear twist stance O O In place twist stance 	F P- P STRIKES O O Inward elbow O O Downward elbow O O Outward elbow O O Outward elbow O O Outward elbow O O Outward elbow O O Inward/downward elbow O O Outward/downward elbow O O Two finger eye poke O O Inward Handsword O O Outward Handsword F P- P KICKS O O Spinning hook kick O O Spinning book kick O O Spinning book kick O O Spinning book kick O O Axe kick O O Spinning book kick O O Outward crescent kick O O	F 000 F 000000000000000000000000000000	00 P-0000000000000000000000000000000000	 P BLOCKS Inside downward block (palm up Inside downward block (palm dr P STRIKES Reverse hand sword Uppercut punch Vertical backfist Upward crane strike Outward crane strike Middle knuckle fist Half fist Four finger eye poke Inverted spear hand thrust Vertical spear hand thrust 2 finger whip 2 finger hook 4 finger slice 4 finger rake
-	O Forward hammerfistO Palm strike	O O O Set Position O O O Ready Position	O O O Stomp kick	F		P UNIFORMO Tie belt properly

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





3rd RED BELT ESSENTIALS Name_____

*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	_				