

3rd RED BELT ESSENTIALS

Name _____

F	P-	P	BLOCKS	F	P-	P	STRIKES	F	P-	P	STANCES	F	P-	P	KICKS
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Guard Up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Palm Strike	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Attention Stance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Front Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Upward Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Backfist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Set Position	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Side Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Inward Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Jab	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Meditating Horstance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Roundhouse Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extended Outward Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Cross Punch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Ready Position	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Back Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Downward Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Hook Punch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Horsestance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Chicken Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Chamber Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Uppercut Punch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neutral Bow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rear Knee
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Push Down Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Inward Handsword	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Forward Bow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Stomp Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Vertical Outward Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Outward Handsword	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Cat Stance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Hook Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Inward Parry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Inward Elbow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Close Kneel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Spinning Hook Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Outward Parry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Outward Elbow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Full Kneel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Spinning Back Kick
				<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Reverse Handsword	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	In-Place Twist Stance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Outward Cresnet Kick
												<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	180 Outward Crescent Kick
												<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	360 Inward Crescent Kick

*Must earn a score of **85** or above to qualify to train with the Black/Red belts in the Black Belt class.

RESULTS

☐

Pass.

☐

Re-test required.

/90

Instructor _____ Date _____

****Scoring :** There are 90 possible points. "P" = 2 points, "P-" = 1 point, "F" = 0 points .

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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Inward Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Jab	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Meditating Horstance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Roundhouse Kick
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