JIU KED DELI I	ESSENTIALS N	ame	
F P- P BLOCKS O O Guard Up O O Upward Block O O D Inward Block O O D Extended Outward Block O O Downward Block O O Downward Block O O Push Down Block O O Vertical Outward Block O O O Uward Parry O O Outward Parry	F P- P STRIKES O O Palm Strike O O Backfist O O Jab O O Cross Punch O O Hook Punch O O Uppercut Punch O O Inward Handsword O O Outward Elbow O O Outward Elbow O O Reverse Handsword	F P- P STANCES O O Attention Stance O O Set Position O O Meditating Horsestance O O Ready Position O O Horsestance O O Neutral Bow O O Forward Bow O O Cat Stance O O Close Kneel O O Full Kneel O O In-Place Twist Stance	F P- P KICKS O O Front Kick O O Side Kick O O Roundhouse Kick O O Back Kick O O Chicken Kick O O Rear Knee O O Stomp Kick O O Hook Kick O O Spinning Hook Kick O O Spinning Back Kick O O Outward Crescent Kick O O Side Kick O O Spinning Back Kick O O Spinning Back Kick O O Outward Crescent Kick O O O Side 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.			
	RESU	JLTS	
	Pass. Re-test	required.	/90
Instructor		Date	
3rd RED BELT I	ESSENTIALS N	ame	
F P- P BLOCKS	F P- P STRIKES		
O O O Guard Up O O Upward Block O O Inward Block O O Extended Outward Block O O Downward Block O O Chamber Block O O Push Down Block O O Vertical Outward Block O O O Inward Parry O O O Outward Parry	O O Palm Strike O O Backfist O O Jab O O Cross Punch O O Hook Punch O O Uppercut Punch O O Inward Handsword O O Outward Elbow O O Outward Elbow O O Reverse Handsword	F P- P STANCES O O Attention Stance O O Set Position O O Meditating Horsestance O O Ready Position O O Horsestance O O Neutral Bow O O Forward Bow O O Cat Stance O O Close Kneel O O Full Kneel O O In-Place Twist Stance	F P- P KICKS O O Front Kick O O Side Kick O O Roundhouse Kick O O Back Kick O O Chicken Kick O O Chicken Kick O O Stomp Kick O O Stomp Kick O O Spinning Hook Kick O O Spinning Back Kick O O O Spinning Back Kick O O O Utward Crescent Kick O O O 360 Inward Crescent Kick
O O O Guard Up O O Upward Block O O Inward Block O O Extended Outward Block O O Downward Block O O Chamber Block O O Push Down Block O O Vertical Outward Block O O O Unward Parry O O O Outward Parry	O O Palm Strike O O Backfist O O Jab O O Cross Punch O O Hook Punch O O Uppercut Punch O O Inward Handsword O O Outward Elbow O O Outward Elbow O O Reverse Handsword	O O O Attention Stance O O O Set Position O O Meditating Horsestance O O Ready Position O O Horsestance O O Neutral Bow O O Forward Bow O O Cat Stance O O Close Kneel O O Full Kneel O O In-Place Twist Stance	O O Front Kick O O Side Kick O O Roundhouse Kick O O Back Kick O O Chicken Kick O O Chicken Kick O O Stomp Kick O O Stomp Kick O O Stomp Kick O O Spinning Hook Kick O O Spinning Back Kick O O Outward Crescent Kick O O O Stomp Kick O O Outward Crescent Kick O O O Stomp Kick
O O O Guard Up O O Upward Block O O Inward Block O O Extended Outward Block O O Downward Block O O Chamber Block O O Push Down Block O O Vertical Outward Block O O O Unward Parry O O O Outward Parry	O O Palm Strike O O Backfist O O Jab O O Cross Punch O O Hook Punch O O Uppercut Punch O O Inward Handsword O O Outward Handsword O O Outward Elbow O O Reverse Handsword	O O O Attention Stance O O O Set Position O O Meditating Horsestance O O Ready Position O O Horsestance O O Neutral Bow O O Forward Bow O O Cat Stance O O Close Kneel O O Full Kneel O O In-Place Twist Stance	O O Front Kick O O Side Kick O O Roundhouse Kick O O Back Kick O O Chicken Kick O O Chicken Kick O O Stomp Kick O O Stomp Kick O O Stomp Kick O O Spinning Hook Kick O O Spinning Back Kick O O Outward Crescent Kick O O O Stomp Kick O O Outward Crescent Kick O O O Stomp Kick