

<p><b>F P- P BLOCKS</b></p> <p><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</p> <p><b>F P- P STRIKES</b></p> <p><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</p> <p><b>F P Uniform</b></p> <p><input type="radio"/> <input type="radio"/> Tie belt properly  <input type="radio"/> <input type="radio"/> School Patch  <input type="radio"/> <input type="radio"/> Flag Patch  <input type="radio"/> <input type="radio"/> Town Patch</p>	<p><b>F P- P KICKS</b></p> <p><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</p> <p><b>F P- P STANCES</b></p> <p><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</p> <p><b>F P- P KATA/BELT</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> Stance Set Long  <input type="radio"/> <input type="radio"/> <input type="radio"/> Punch Set  <input type="radio"/> <input type="radio"/> <input type="radio"/> Block Set Long</p>	<p><b>F P- P BLOCKS</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> Vertical outward block  <input type="radio"/> <input type="radio"/> <input type="radio"/> Double factor</p> <p><b>F P- P STRIKES</b></p> <p><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</p> <p><b>F P- P KICKS</b></p> <p><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</p> <p><b>F P- P KATA</b></p> <p><input type="radio"/> <input type="radio"/> <input type="radio"/> Coordination Set  <input type="radio"/> <input type="radio"/> <input type="radio"/> Strike Set  <input type="radio"/> <input type="radio"/> <input type="radio"/> Force 1  <input type="radio"/> <input type="radio"/> <input type="radio"/> Short 1(A side/B side)</p>	<p style="font-size: 2em;">/134</p>
<p><b>F P</b></p> <p><input type="radio"/> <input type="radio"/> I intend to develop myself in a positive manner, and avoid anything that would reduce my mental growth or my physical health.  <input type="radio"/> <input type="radio"/> I intend to develop self-discipline in order to bring out the best in myself and others.  <input type="radio"/> <input type="radio"/> I intend to use what I learn in class constructively and defensively to help myself and my fellow man and never be abusive or offensive.  <input type="radio"/> <input type="radio"/> This is a Black Belt school. As a student, my goal is to achieve Black Belt!</p>			

\*Must earn a score of **129** or above to qualify to train with the Brown belts in the advanced class.

