

**American Self Protection Association**  
**Test Form For Novice Red Belt - February 7, 2004**

Student Name:	Score:	P / F
Test Date:	Test Fees:	
<b>BREAKFALLS</b>		
Back	3	
Side (Left & Right)	3	
Forward	3	
Rolling (Forward & Backward)	3	
<b>KICKS &amp; PUNCHES</b>		
Direct Kick	3	
Circular Kick	3	
Side of Foot	3	
Direct & Reverse Punches	3	
Uppercut & Plunging Punches	3	
Rolling Kick	3	
COMSEK I (footwork only)	20	
<b>MOTION "PREPARATORY" EXERCISES (optional)</b>		
From A Slapping Attack Standing (swing back & step forward)	3	
From A Belt Grab (c-deflection)	3	
From A Shove Against The Chest (elbow-up & pivot)	3	
From A Punch (elbow-up/down & c-deflection)	3	
From A Frontal Attack (stop thrust & swimmers deflection)	3	
From An Overhead Strike (entering practice)	3	
From A Choke Against The Wall (swimmers deflection/knee groin throw)	3	
From A Side Hold While Standing (swing around)	3	
From A Rear Bear Hug (Side Slide Behind/Stomp & Pivot)	3	
From A Sleeve Push/Pull (slide & slash/jump & kick)	3	
From A Reaching Attack While On Back (log roll)	3	
From A Same Side Normal Grip (leading or turning)	3	
Kickboxing; Advancing, Retreating, Skip forward/backward, Switching	3	
<b>OTHER</b>		
ASPA Theory	10	
<b>TOTAL POSSIBLE/TOTAL SCORED</b>		
<b>INSTRUCTOR NOTES:</b>		