Student:	Test Date:			
Instructor:	Rank Tested For:			
Overseeing Instructor:	Total Score: P F			
BASIC ATTACKS (Score 1-3)	Before Secure		Secure	ed Notes
1. Left hand against right wrist, normal grip				
2. Left hand against right wrist, reverse grip with pull				
3. Right hand against right wrist, normal grip				
4. Right hand against right wrist, reverse, grip				
5. Two hands against one wrist from above, normal grip				
6. Two hands against one wrist from below, normal grip				
7. Two hands against two wrists before normal grip is secured				
8. Two hands against two wrists normal grip is secured				
9. Handshake				
10. Handshake with pull				
11. One hand lapel grab with pull, before secured				
12. Double lapel grab with intent to head-but or shake, before,				
secured				
13. Sleeve grab and pull, before, secured				
14. Sleeve grab and forward push				
15. Belt grab and forward pull, before, secured		1		
16. Hair grab before, secured	1	1		
17. Front bearhug over arms, before, secured				
18. Front bearhug under arms, before, secured	1			
19. Front headlock. before, secured				
20. Shove against chest or shoulders	-			
21. One hand choke, before, secured	-			
22. Two hands, choke, before, secured	-		<u> </u>	
23. Down or side strike				
24. Reverse strike to the face	_			
	-			
25. Punch to the fac.	_			
26. Boxer getting ready to box	_			
27. Jab by boxer				
28. Direct kick				
29. Circular kick				
30. Front Tackle				
31. Overarm bearhug from behind, before, secured				
32. Underarm bearhug from behind				
33. Two Hands against two wrists from behind				
34. Elbow pin from behind, before, secured				
35. Nelson (full or half), before, secured				
36. Mugging attack				
37. Nape push				
38. Side headlock, before, secured				
39. Downward stabbing attack				
40. Side slash				
41. Knife thrust				
42. Attack with a knife from a distance				
43. Hold-up with a handgun at half-distance	1			
44. Hold-up with a handgun from a distance				
45. Gun whiplash to face	-			
46. Hold-up from behind (turning left and right)	+			
47. Downward attack with a chair				
48. Encirclement by several opponents				
49. Running attack from behind				
_				
50. Attack while sitting on chair	_			
COMSEK 1 and/or 2 (30)				
Theory (30)				
Sparing (64)	_			
Stick [1-10], breakfalls, one/two hand grab, thrust (30)	_			
Choke on ground basic and advanced, hand hold down (20)				
Other:				

PSYCHOSOMATICS (MIND-BODY EXERCISES)	Sco	cor. 1-3		Notes		
51. Stretch and twist	000				Notes	
52. Concentration/Relaxation						
53. Abdominal Contraction						
54. Mock breathing						
55. Rhythmic Breathing						
56. Reed						
57. Locomotive						
58. Bellows						
59. Figure Four						
60. I and y						
61. Vibrator						
62. Water intake						
MISC. ATTACKS (Score 1-3)	Bef	ore	Secu	ured	Notes	
63. Defenses from the ground, first situation (farthest) - log roll						
64a. Second situation (far) one leg between attackers forward leg -						
groin kick/log roll takedown						
64b. Second situation (far) one leg between attackers back leg -						
knee-groin throw 65. Third situation (closer) one leg close to side reaching down to						
65. I hird situation (closer) one leg close to side reaching down to choke - leg takedown/lock						
66. Fourth situation (closet) - method of general applicability						
oo. Tourin situation (closel) - method of general applicability						
67. Jumping dodge						
68. Dropping dodge						
69. Pivoting dodge						
70. Defense against a right low direct kick to left shinbone						
71. Variation						
72. Counter						
73. Stop kick						
74. Against a high direct kick to the groin						
75. Method of general applicability by changing guard and						
dodging						
76. Against a circular kick - knee-groin throw						
77. Against a circular kick - variation of 76 - lifting the leg						
78. Against a circular kick - second variation of 76 - hammer/side						
of foot kick						
79. Against a circular kick - same as 78 with a rolling defense						
	1					
				1		