

Force Five Blue Belt Test

Name of Student _____ Age _____ Date of test _____

Do not lose this test form. Present this form to your Instructor for grading on date of your test.

1ST DEGREE STRIPE

SWAT Creed _____

Cat Stance Phase 1 _____

Kicks

Front Thrust _____

Side Thrust _____

Snapping toe _____

Techniques Hand

Hammer Blow side _____

Hammer Blow straight _____

Hammer Blow in _____

Hammer Blow out _____

2ND DEGREE STRIPE

Kicking Drills

Spinning Blade _____

Cross behind side _____

Cross behind hook _____

Distance _____

Jumping Single kick _____

Ridge Hand _____

Palm Strike _____

19 Point Boxing Drill _____

3RD DEGREE STRIPE

Sparring Techniques

Independent Motion _____

+ & - Energy Flow _____

Fakes _____

Back Knuckle Side Kick _____

Back Knuckle Hook Kick _____

SRARRING TECHNIQUES

Fakes _____

Bating _____

Broken Rhythm _____

Doubling Up _____

Catch, Parry, Shield _____

Ground Defense

Side to side roll _____

Getting up In Base _____

4TH DEGREE / RED STRIPE

Self-defense

Wrist Grab Defense (double down) _____

Wrist Grab (double up) _____

Wrist Grab (double back) _____

Bear Hug Defense (Front)

Double Knee _____

Bear Hug Defense (Back)

Head But _____

Choke Defense

Turn and point _____

Club Defense _____

Four Mount Positions _____

Discipline _____ **Spirit** _____ **Kiai** _____

Please Learn
1

Polish
2

Good
3

Very Good
4

Excellent
5