

Antás Ápat - Level 4

You must log 120 rounds of complete long and middle range sparring before taking the Level 4 test. If you train twice per week, and do five rounds of complete sparring per session, it will take you 12 weeks (about 3 months) to be qualified to take the fourth test. Of course, any complete long & middle range sparring you have logged before this counts toward this tally, so you may be able to take the test sooner.

Once you have completed all of your rounds, put the following test on video and send it in with the testing fee. If sending through YouTube, you can pay for the fee online.

The entire video should be less than 6 minutes. Your test will be evaluated and any suggestions for further improvement will be sent to you along with your certificate of rank.

The test is as follows:

- 1 Explain and demonstrate in one minute or less the two hand backhand strike.
- 2 Explain and demonstrate in one minute or less the One Side of the X combination.

- One side of the X (Forehand upward, backhand downward)

- 3 Perform a one minute round of the Block, Strike, Block Power Generation Drill.

- You block the feeder's strike and return a strike to the equipment, the feeder hits again immediately, and you block that.

(Build up power of feed, return hard)

- Block 1, return 2, block 1
- Block 2, return 1, block 2
- Block 8 with roof, return 1, block 1
- Block 8 with reverse roof, return 2, block 1

- 4 One, 2 minute round of complete long and middle range sparring.

AFTER PASSING LEVEL 4 TEST, STUDENTS ARE ELIGIBLE TO TEST FOR LEVEL 1 INSTRUCTOR CREDENTIALS. SEE INSTRUCTOR TESTING FOR THE PARTICULARS.