

QUICKSTART BASIC TEST

The entire test should take no more than SEVEN MINUTES.

Please introduce yourself, first and last name, and then begin with the Performance Games.

You don't have to be perfect, but strive to maintain good form and proper technique throughout.

PERFORMANCE GAMES

Perform a ONE MINUTE round for each of the following games

1 OPEN HAND TOUCH GAME (HEAD, BODY, GROIN)

2 NECK CLINCH GAME (KNEES, GROIN STRIKES)

3 ROCKING CHAIR GAME BOTTOM (OPEN HAND STRIKES, LIGHT KICKS)

TECHNIQUE SEQUENCE

Perform the technique sequence once slowly, then once at medium speed, paying strict attention to detail

PASSIVE HANDS UP, ATTACKER THROWS HAYMAKER, COVER, GRAB, KNEE, SNAP DOWN AND CIRCLE, GO TO BACK WITH HOOKS, CHOKE

FOCUS MITTS

Perform a ONE-MINUTE round on the focus mitts, emphasizing power strikes with proper form while incorporating techniques from the Basics curriculum

INSTRUCTOR TRACK *(if you are training to become an instructor)*

For the Instructor track, pick one technique from the Basics, any range that you choose, and explain it in a minute or less