

QUICK START LEVEL ONE-B TEST

The entire test should take no more than SIX 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. Do your best to apply the Curriculum techniques, but don't feel that you have to execute all the techniques in order to pass the test.

PERFORMANCE GAMES

Perform a 30 SECOND round of each of the following Performance Games at moderate intensity, wearing proper protective equipment

- 1 GUARD GAME (BOTTOM)
- 2 GUARD GAME (TOP)
- 3 STREET MOUNT GAME (BOTTOM)
- 4 STREET MOUNT GAME (TOP)

TRANSITION GAMES

- 1 "WILD MAN" GAME

TECHNIQUE SEQUENCE

Perform the sequence once slowly, then once at medium speed

CLINCH, OPPONENT DOES HEADLOCK TAKEDOWN, GET TO BACK, CHOKE

FOCUS MITTS

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

INSTRUCTOR TRACK *(if you are planning on becoming an instructor)*

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