

QUICK START LEVEL TWO-A 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 KNIFE SPARRING GAME
- 2 INTERVIEW GAME
- 3 STREET KICKBOXING GAME
- 4 STANDING GUILLOTINE DEFENSE GAME

TRANSITION GAMES

- 1 AVOID THE CLINCH GAME

WEAPONRY TECHNIQUES

Perform the knife defense TWICE at moderate speed, with very little resistance

KNIFE DEFENSE: ENTER ON OPPONENT'S DRAW (RECOGNITION)

FOCUS MITTS

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

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

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