

# QUICK START LEVEL TWO-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 STREET CLINCH GAME
- 2 GROUND GUILLOTINE DEFENSE GAME
- 3 GUARD GAME (BOTTOM)
- 4 GUARD GAME (TOP)

## **TRANSITION GAMES**

- 1 ACHIEVE THE CLINCH GAME

## **TECHNIQUE SEQUENCE**

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

STANDING GUILLOTINE COUNTER TO TAKEDOWN TO SIDE CONTROL TO MOUNT TO ESCAPE  
HEAD TO STRIKING TO BACK TO 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 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*