

QUICKSTART LEVEL THREE-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
- 2 STREET KICKBOXING GAME
- 3 GUARD GAME BOTTOM (INCLUDE STANDING UP)
- 4 GUARD GAME TOP (INCLUDE KEEPING PARTNER DOWN) (IF YOU PASS, CONTINUE.)

TRANSITION GAMES

- 1 ESCAPE FROM THE CLINCH GAME
- 2 MAINTAIN THE CLINCH GAME

TECHNIQUE SEQUENCE

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

BOXING BLAST, OPPONENT SHOOTS, SPRAWL WITH HEAD & ARM, THROW KNEES, MOVE 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 Three curriculum.

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

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