

# QUICK START LEVEL FOUR-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 ONE MINUTE round of each of the following Performance Games at moderate intensity, wearing proper protective equipment:

- 1 KNIFE SPARRING GAME (Knife against knife for first minute, then person testing drops his knife and partner attacks to demonstrate empty hand versus knife skill for last twenty seconds. Partner should attack aggressively, not just stay outside.)
- 2 KICKBOXING WITH CLINCH GAME (Start Kickboxing. Move into and out of the clinch, as you wish.)
- 3 COMPLETE GROUND GAME - TOP (Start in opponent's guard, go from there. If a submission occurs, start again.)
- 4 COMPLETE GROUND GAME – BOTTOM (Start with opponent in your guard, go from there. If a submission occurs, start again.)

## **TECHNIQUE SEQUENCE**

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

BOXING BLAST TO THE WALL, TO NECK CLINCH, TO BODYLOCK, TO DOUBLE LEG TAKEDOWN. (THEN ESCAPE, STRIKE, PASS, ETC.)

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

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