

QUICK START LEVEL FOUR-B TEST

The entire test should take no more than EIGHT 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 AND TWENTY SECOND round of each of the following Performance Games at moderate intensity, wearing proper protective equipment:

- 1 STICK SPARRING GAME (Stick against stick for the first minute, then person testing drops his knife and partner attacks to demonstrate empty hand versus stick skill for last twenty seconds. Partner should attack aggressively, not just stay outside.)
- 2 COMPLETE CLINCH GAME WITH TAKEDOWNS (Start in the clinch, work strikes to all targets and takedowns. Please include head butts and simulated eye strikes. If there is a takedown, start again in clinch.)
- 3 COMPLETE INTERVIEW GAME (Start in the interview position with hands up. Aggressor should talk a bit, then attack with anything, including drawing a weapon. Respond using appropriate technique. After taking control, 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.

After completing this test, please contact us for information on taking the Fighter's test or Instructor Level 1 test.