



KICK PUNCH FU RED Brown 3rd Stripe Requirements



1. Technique :

- a. Kicks: Student must be able to perform front ball kick, front snap kick, back kick, roundhouse kick, side kick, front-side kick, inside crescent kick, sliding front-ball kick, axe kick, pike kick, jumping front-ball kick, spinning back kick and tornado kick.
- b. Strikes: Student must be able to perform 16 strikes: front-two-knuckle jab & cross, thrust punch, palm strike, hammer fist, hook punch, upper cut, impukae, back fist, eagle claw, knife strikes, snake bite, spear hand, cheetah paw, cheetah mouth, ridge hand and two-finger poke.
- c. Break Falls: Student must perform a front tuck, right and left shoulder roll, back break fall, right & left arm drag break falls and front break fall.
- d. Blocks: Student must be able to perform the 10-point blocking system with various counters of increasing effectiveness.
- e. Stances: Student must be able to demonstrate the proper 'ready stance,' 'guard stance,' 'horse stance,' 'cat stance,' 'eagle stance' and dragon stance.
- f. Pushups: Student must be able to perform 45 pushups.
- g. Self Defense Basics: Student must be able to demonstrate step-block-strike technique combinations with increasing effectiveness. Student must be able to demonstrate evade, retreat and advance technique with counter attack combinations of increasing effectiveness.
- h. Self Defense against a grab: Student must be able to subdue attacker from the following grabs: single and double lapel grab, headlock, hair grab, two-handed choke, bear hug, grab from behind, two-handed wrist

grab, full-nelson and rear choke. Student must be able to subdue attacker with come-along and figure-four.

- i. Self Defense against an attack: Student must perform a minimum of eleven self defence techniques.
 - j. Directional Attacks: Student must demonstrate the ability to defend against any type of attack from the front, side or back, including multiple attackers.
 - k. Holds & Submissions: Student must be able to demonstrate a snake-wrap, headlock, bear hug, collar clutch, wrist lock (come-along), figure-four, arm bar, leg lock and chokes.
 - l. Takedowns: Student must be able to perform five takedown maneuvers, such as, Trip takedown, headlock takedown, 2-handed reaping throw, push-pull, corkscrew, reaping throws 1 & 2, hip throw, reverse-choke suicide throw, arm drag takedown, shoulder throw and reaping throw 3.
2. **Fitness Level** : Should be examined for 28 minutes on all basic fitness criteria's according to examiner specs based on student age and general fitness level.
 3. **Knowledge and information** : 28 questions about KICK PUNCH FU and different type martial arts(oral/written)
 4. **Sequence Dynamic Demonstration** : 8 technique basic land gymnastic , Musical Forms , Self-defense forms
 5. **Fighting ability** : 8 rounds each for 3 minute