

<b>Student:</b>		<b>Test Date:</b>	
<b>Instructor:</b>		<b>Rank Tested For:</b>	
<b>Overseeing Instructor:</b>		<b>Total Score:            P    F</b>	
<b>BASIC ATTACKS (Score 1-3)</b>	<b>Before</b>	<b>Secured</b>	<b>Notes</b>
1. Left hand against right wrist, normal grip			
2. Left hand against right wrist, reverse grip with pull			
3. Right hand against right wrist, normal grip			
4. Right hand against right wrist, reverse, grip			
5. Two hands against one wrist from above, normal grip			
6. Two hands against one wrist from below, normal grip			
7. Two hands against two wrists before normal grip is secured			
8. Two hands against two wrists normal grip is secured			
9. Handshake			
10. Handshake with pull			
11. One hand lapel grab with pull, before secured			
12. Double lapel grab with intent to head-but or shake, before, secured			
13. Sleeve grab and pull, before, secured			
14. Sleeve grab and forward push			
15. Belt grab and forward pull, before, secured			
16. Hair grab before, secured			
17. Front bearhug over arms, before, secured			
18. Front bearhug under arms, before, secured			
19. Front headlock. before, secured			
20. Shove against chest or shoulders			
21. One hand choke, before, secured			
22. Two hands, choke, before, secured			
23. Down or side strike			
24. Reverse strike to the face			
25. Punch to the fac.			
26. Boxer getting ready to box			
27. Jab by boxer			
28. Direct kick			
29. Circular kick			
30. Front Tackle			
31. Overarm bearhug from behind, before, secured			
32. Underarm bearhug from behind			
33. Two Hands against two wrists from behind			
34. Elbow pin from behind, before, secured			
35. Nelson (full or half), before, secured			
36. Mugging attack			
37. Nape push			
38. Side headlock, before, secured			
39. Downward stabbing attack			
40. Side slash			
41. Knife thrust			
42. Attack with a knife from a distance			
43. Hold-up with a handgun at half-distance			
44. Hold-up with a handgun from a distance			
45. Gun whiplash to face			
46. Hold-up from behind (turning left and right)			
47. Downward attack with a chair			
48. Encirclement by several opponents			
49. Running attack from behind			
50. Attack while sitting on chair			
COMSEK 1 and/or 2 (30)			
Theory (30)			
Sparing (64)			
Stick [1-10], breakfalls, one/two hand grab, thrust (30)			
Choke on ground basic and advanced, hand hold down (20)			
Other:			



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