

STUDENTS NAME		PHONE	Instructors comments	Instructor
				Initials
Basic techniques	Forward and back movements:			
	Walking stance with proper sine wave motion			
	Walking ready stance			
	Walking stance forefist punch			
	Parallel stance punches using triangle format			
	Know and describe 4 basic TRADITIONAL stances			
	W. A. S. P.			
	Know and describe 2 sparring stances			
	Perform kicks and describe striking tool + application			
	Front snap kick			
	Front Rising kick			
	Side piercing kick with step up			
	Downward kick			
4 Directional punch				
Part 1	Perform outerforearm low block with correct chamber			
	**left outerforearm blocks			
	Perform 4 directional punch part 1			
4 Directional punch	All basic techniques from above			
Part 2	Perform outerforearm low block with correct chamber			
	**Right outerforearm blocks			
	Perform 4 directional punch part 1 and 2			