

ONE BROWN STRIPE

FIFTH KYU



STANCES

 **X stance** ☐ ☐ ☐

HAND TECHNIQUES

 **Roundhouse punch** ☐ ☐ ☐

BLOCKING TECHNIQUES

 **Inner & outer shovel blocks** ☐ ☐ ☐
Backhand block ☐ ☐ ☐
Wedge block ☐ ☐ ☐
Arrow block ☐ ☐ ☐
Soft lower block ☐ ☐ ☐
Soft middle block ☐ ☐ ☐
Soft rising block ☐ ☐ ☐
Soft outer block (monkey) ☐ ☐ ☐

LEG TECHNIQUES

 **Heel kick** ☐ ☐ ☐
Jump front kick* ☐ ☐ ☐
Flying front kick* ☐ ☐ ☐
Jump roundhouse kick* ☐ ☐ ☐
Flying roundhouse kick* ☐ ☐ ☐
Footsweeps (arch, instep, heel) ☐ ☐ ☐

KATA AND APPLICATIONS

 **Pinan 4** ☐ ☐ ☐
Pinan 4 Applications ☐ ☐ ☐

BLOCKS AND PUNCHES

 **Soft lower block** ☐ ☐ ☐
Soft middle block ☐ ☐ ☐
Soft rising block ☐ ☐ ☐
Soft outer block (monkey) ☐ ☐ ☐

DROPPING TECHNIQUES

 **Front drop** ☐ ☐ ☐
Front tumble ☐ ☐ ☐
Small outer reap (kosoto gari) ☐ ☐ ☐

WEAPONS

 **Tambo - six blocks (yin)** ☐ ☐ ☐
Tambo - figure-8's (yin) ☐ ☐ ☐
Tambo - 14 basic strikes (yin) ☐ ☐ ☐

SELF DEFENSE & SPARRING

 **Bent wrist** ☐ ☐ ☐
Knife defense (elbow) ☐ ☐ ☐
Free sparring ☐ ☐ ☐

STAMINA AND STRENGTH

 **Boxing combo: 30 each side** ☐ ☐ ☐
Pushups: 20 fingertip ☐ ☐ ☐
Pushups: 20 palm ☐ ☐ ☐

PHILOSOPHY AND LEADERSHIP

 **Five Steps in Cuong Nhu Philosophy** ☐ ☐ ☐
Living
Giving
Caring
Sharing
Loving
Five Selves ☐ ☐ ☐
Self acceptance/self-tolerance
Self confidence
Self esteem
Self control
Selflessness
Eight Sources of Learning ☐ ☐ ☐
Sensei
Classmates
Mirrors
Books, media
Tournaments
Training equipment
Yourself
Seminars
Five Re's for Healing ☐ ☐ ☐
Reduce
Relax
Reach
Reevaluate
Remember
Foundation for Peak Performance ☐ ☐ ☐
Awareness
Belief
Commitment
Dedication
Enlightenment
Three minutes public speaking ☐ ☐ ☐
(Relate a philosophy to life/training)