

TWO BROWN STRIPES

FOURTH KYU



STANCES

	Dinh stance	☐	☐	☐
	Turtle stance	☐	☐	☐
	Serpent stance	☐	☐	☐

HAND TECHNIQUES

	Middle hook punch	☐	☐	☐
	U punch	☐	☐	☐
	Hammer strike (top & bottom)	☐	☐	☐
	Inner ridgehand	☐	☐	☐
	Outer ridgehand	☐	☐	☐

BLOCKING TECHNIQUES

	Sweeping blocks (low, middle, high)	☐	☐	☐
	Downward forearm block	☐	☐	☐
	Bottom hammerfist block	☐	☐	☐
	Soft knifehand block (crane)	☐	☐	☐
	Soft elbow block	☐	☐	☐
	Soft middle/low block	☐	☐	☐
	Grasping block	☐	☐	☐

LEG TECHNIQUES

	Wheel kick	☐	☐	☐
	Dropping kick	☐	☐	☐
	Flying double front kick*	☐	☐	☐
	Flying side kick*	☐	☐	☐
	Jump side kick*	☐	☐	☐
	Front spinning sweep	☐	☐	☐
	Back spinning sweep	☐	☐	☐
	Double low spinning sweep	☐	☐	☐

KATA AND APPLICATIONS

	Tambo 1	☐	☐	☐
	Tambo 1 Applications	☐	☐	☐
	Pinan 5	☐	☐	☐
	Pinan 5 Applications	☐	☐	☐

DROPPING TECHNIQUES

	Breakfall	☐	☐	☐
	Valley drop (tani otoshi)	☐	☐	☐

BLOCKS AND PUNCHES

	Soft knifehand block	☐	☐	☐
	Downward forearm block	☐	☐	☐
	Sweeping block	☐	☐	☐

WEAPONS

	Middle grip	☐	☐	☐
	Tambo vs. tambo disarms	☐	☐	☐

SELF DEFENSE & SPARRING

	Pressing arm	☐	☐	☐
	Knife defense (bent wrist)	☐	☐	☐
	Free sparring	☐	☐	☐
	Slide-Hop	☐	☐	☐

STAMINA AND STRENGTH

	Pushups: 20 palm	☐	☐	☐
	Pushups: 20 fingertip	☐	☐	☐
	Pushups: 10/10 one arm	☐	☐	☐

PHILOSOPHY AND LEADERSHIP

	Five F's for Training	☐	☐	☐
	Fortify your body			
	Find your own way			
	Fly your spirit			
	Feed your soul			
	Flow your ki			
	Five S's for Safe Training	☐	☐	☐
	Sane-sight			
	Stretching			
	Stamina			
	Strength			
	Speed			
	Ten C's for Successful Training	☐	☐	☐
	Commitment			
	Coaching			
	Consistency			
	Courage			
	Conditioning			
	Camaraderie			
	Concentration			
	Communication			
	Competition with yourself			
	Control of your body			
	Training's Relation to Other Sports	☐	☐	☐
	Focus (timing)			
	Power			
	Endurance			
	Flexibility (conditioning)			
	Perspective			
	Three minutes public speaking	☐	☐	☐
	(Relate a philosophy to life/training)			