

<p>Chun-Gun Incorrect move _____</p> <p>Walking stance</p> <p><input type="checkbox"/> longer - shorter <input type="checkbox"/> wider - too wide <input type="checkbox"/> back foot 25' <input type="checkbox"/> heel lifting <input type="checkbox"/> back leg bent <input type="checkbox"/> front leg straight</p> <p>reverse knifehand</p> <p><input type="checkbox"/> keep thumb in <input type="checkbox"/> torque at last second</p> <p>knifehand guard</p> <p><input type="checkbox"/> bend front elbow <input type="checkbox"/> too high <input type="checkbox"/> more pre-action <input type="checkbox"/> close hands until last second <input type="checkbox"/> rear hand over solar plexus</p> <p>Elbow strike</p> <p><input type="checkbox"/> don't punch backwards <input type="checkbox"/> wrist is bent <input type="checkbox"/> back of fist faces up</p> <p>Twin upset punch</p> <p><input type="checkbox"/> arms should be horizontal <input type="checkbox"/> too close / too wide</p> <p>High X block</p> <p><input type="checkbox"/> sweep arms upward <input type="checkbox"/> left hand outside</p> <p>Sine Wave</p> <p><input type="checkbox"/> shift front foot on elbow strike <input type="checkbox"/> slide foot sideways on wristbreak</p>	<p>Toi-Gae Incorrect move _____</p> <p>W-Stance</p> <p><input type="checkbox"/> longer - shorter <input type="checkbox"/> wider - too wide <input type="checkbox"/> back foot 25' <input type="checkbox"/> heel lifting <input type="checkbox"/> back leg bent <input type="checkbox"/> front leg straight</p> <p>Inner Forearm Block</p> <p><input type="checkbox"/> Fist shoulder height <input type="checkbox"/> 90 degree bend in arm</p> <p>Back Fist</p> <p><input type="checkbox"/> elbow to fist vertical <input type="checkbox"/> perform slowly <input type="checkbox"/> reaction hand on shoulder line</p> <p>Twin Side Elbow</p> <p><input type="checkbox"/> perform slowly <input type="checkbox"/> cross hands chest hi</p> <p>W-Shape Block</p> <p><input type="checkbox"/> stomp <input type="checkbox"/> proper tool <input type="checkbox"/> tight fists <input type="checkbox"/> more body torque <input type="checkbox"/> lower elbows <input type="checkbox"/> block moving wrong way</p> <p>Pushing Block</p> <p><input type="checkbox"/> L-stance <input type="checkbox"/> circular motion <input type="checkbox"/> lower</p> <p>Misc.</p> <p><input type="checkbox"/> don't look back on backfist <input type="checkbox"/> pivot on front foot to low knifehand</p>
<p>L-Stance</p> <p><input type="checkbox"/> back knee over foot <input type="checkbox"/> bend the knees <input type="checkbox"/> longer/shorter <input type="checkbox"/> heels lifting <input type="checkbox"/> longer shorter <input type="checkbox"/> 70/30</p> <p>Backfist strike</p> <p><input type="checkbox"/> crossed wrong <input type="checkbox"/> high strike</p> <p>Angle punch</p> <p><input type="checkbox"/> don't close the arm, punch <input type="checkbox"/> fist too close to body</p> <p>U-shape block</p> <p><input type="checkbox"/> low arm flat <input type="checkbox"/> hands above each other</p> <p>Side Piercing Kick</p> <p><input type="checkbox"/> Rechamber kick <input type="checkbox"/> Balance <input type="checkbox"/> proper tool <input type="checkbox"/> Extend hip <input type="checkbox"/> punch with kick <input type="checkbox"/> pivot foot</p>	<p>L-Stance</p> <p><input type="checkbox"/> back knee over foot <input type="checkbox"/> bend the knees <input type="checkbox"/> longer/shorter <input type="checkbox"/> heels lifting <input type="checkbox"/> 70/30 <input type="checkbox"/> longer shorter</p> <p>Upset Finger tip Thrust</p> <p><input type="checkbox"/> palm upwards <input type="checkbox"/> palm belt level <input type="checkbox"/> arm straight <input type="checkbox"/> reaction hand slightly off chest <input type="checkbox"/> reaction hand to opposite shoulder</p> <p>Head grab & Knee</p> <p><input type="checkbox"/> hands vertical <input type="checkbox"/> bend supporting knee</p> <p>Flat finger tip thrust</p> <p><input type="checkbox"/> front hand <input type="checkbox"/> walking stance</p> <p>Jump to X block</p> <p><input type="checkbox"/> keep back straight <input type="checkbox"/> look forward</p> <p>Circle blocks</p> <p><input type="checkbox"/> shift front foot <input type="checkbox"/> block too high <input type="checkbox"/> extend arm further from body</p>
<p>3 0</p>	<p>3 0</p>

<p>Self-defence</p> <p><input type="checkbox"/> guard up <input type="checkbox"/> retaliate <input type="checkbox"/> shock</p> <p><input type="checkbox"/> make them tap out <input type="checkbox"/> work the wrist <input type="checkbox"/> work the elbow</p> <p><input type="checkbox"/> don't let go <input type="checkbox"/> don't turn your back <input type="checkbox"/> not realistic</p> <p><input type="checkbox"/> will not work <input type="checkbox"/> wrong self-defense for level <input type="checkbox"/> control opponent</p> <p><input type="checkbox"/> incomplete <input type="checkbox"/> needs practise <input type="checkbox"/> balance</p>	<p><input type="checkbox"/> proper starting position <input type="checkbox"/> power</p> <p><input type="checkbox"/> proper distance for attack <input type="checkbox"/> tool</p> <p><input type="checkbox"/> stance <input type="checkbox"/> balance</p> <p><input type="checkbox"/> proper starting position <input type="checkbox"/> distance to target on retaliation</p> <p><input type="checkbox"/> stance <input type="checkbox"/> not logical</p> <p><input type="checkbox"/> tool <input type="checkbox"/> power <input type="checkbox"/> kiya <input type="checkbox"/> correct block for attack</p>
<p>1 0</p>	<p>2</p>
<p>2</p>	<p>2</p>

<p>Breaking</p> <p><input type="checkbox"/> 2 brds any kick (stomp?) <input type="checkbox"/> 2 brds combo kick <input type="checkbox"/> 1 brd any hand 13 yrs + <input type="checkbox"/> 1brd fly or jump kick under 13</p>	<p><input type="checkbox"/> not enough power <input type="checkbox"/> more speed <input type="checkbox"/> no confidence <input type="checkbox"/> use body too</p> <p><input type="checkbox"/> wrong tool <input type="checkbox"/> balance off <input type="checkbox"/> targeting</p> <p><input type="checkbox"/> eyes on target <input type="checkbox"/> two tries/break <input type="checkbox"/> two tries/break <input type="checkbox"/> two tries/break</p> <p><input type="checkbox"/> sine wave guard <input type="checkbox"/> no break <input type="checkbox"/> no break <input type="checkbox"/> no break</p>
<p>1 0</p>	<p>1 0</p>

<p>Question</p> <p>-1 sir _____</p> <p>-1 bow _____</p> <p>-1 2-3 steps _____</p> <p>-1 hands on table _____</p> <p>written question <input type="checkbox"/> yes <input type="checkbox"/> no</p>	<p>Free sparring</p> <p><input type="checkbox"/> too far away from opponent <input type="checkbox"/> ignoring opponents techniques <input type="checkbox"/> Not dodging opponent <input type="checkbox"/> eyes not on opponent <input type="checkbox"/> not timing opponent <input type="checkbox"/> no counter techniques <input type="checkbox"/> stop opponents rush <input type="checkbox"/> reaching for blocks <input type="checkbox"/> too aggressive <input type="checkbox"/> no combinations</p> <p><input type="checkbox"/> chunbe position <input type="checkbox"/> hands are down <input type="checkbox"/> low kicks <input type="checkbox"/> unsure of self <input type="checkbox"/> no equipment</p>
<p>6</p>	<p>1 0</p>

75% to pass

retest if - 19 or less on first pattern
retest if - 19 or less on 2nd pattern

TOTAL

100