													Final Grade - P / NP / Phase
7A	6B	6A	5B	5A	4B	4A	3B	3A	2B	2A	1B	1A	**ORANGE BELT** **DATE:_____** **GRADER:_____** **PAGE 1**
													Shadow Boxing - Hands & Legs (✓)
													Bobbing / Weaving / Slipping (✓)
													Hook Punches
													Uppercut Punches
													Combo Punching with Elbows (✓)
													Straight Punches - Low in Attack
													Straight Punches - Low in Defense

7A	6B	6A	5B	5A	4B	4A	3B	3A	2B	2A	1B	1A	**ORANGE BELT** **DATE:_____** **GRADER:_____** **PAGE 2**
													I/S Def. vs. Rt. - Dead Side 1 & 2 counters
													I/S Def. vs. Lt. - Dead Side
													I/S Def. vs. Lt. - Live
													I/S Def. vs. Straight Punches (Free Work)
													360 Defense w/counters
													Adv. Front Kick / Fighting Stance
													Def Front Kick
													Side Kick with & without Advance
													Back Kick with & without Advance

7A	6B	6A	5B	5A	4B	4A	3B		2B	2A	1B	1A	**ORANGE BELT** **DATE:_____** **GRADER:_____** **PAGE 3**
													Side / Back Kick + Horiz. Hammer fist
													Reflexive Defense vs. Front Kick
													Outside Stab Def vs. Front Kick
													Def vs. Front Kick - Redirect w/ Shin
													Stopping Def vs. Front Kick
													Plucking Def vs. Med Front Kick
													Def vs. High Front Kick
													Def vs. Low Round Kick With Shin
													Def vs. Low Round Kick - Absorbing

7A	6B	6A	5B	5A	4B	4A	3B	3A	2B	2A	1B	1A	**ORANGE BELT** **DATE:_____** **GRADER:_____** **PAGE 4**
													Choke Front Angst. Wall
													Choke Behind Agst. Wall
													Choke Behind w/Pu
													Headlock Rear - Ba
													Headlock Rear - Ca
													Bearhug Front - Arms Free w/ Space
													Bearhug Front - Arms Free- No Space
													Bearhug Front - Arms Caught w/ Space

ORANGE BELT	DATE:_____	GRADER:_____	PAGE 5	Bearhug Front - Arms Caught No Space	Bearhug Behind - Arms Free (elbow)	Bearhug Behind - Arms Caught (space / no space	Back Fall Break	Side Fall Break	Ground - Defend punches by bucking	Ground - Trap & Roll while Mounted	Ground - Choke while Mounted
1A											
1B											
2A											
2B											
3A											
3B											
4A											
4B											
5A											
5B											
6A											
6B											
7A											

7A	6B	6A	5B	5A	4B	4A	3B	3A	2B	2A	1B	1A	**ORANGE BELT** **DATE:_____** **GRADER:_____** **PAGE 6**
													Ground - Headlock while Mounted
													Ground - Kick Off from Guard
													Top position of Mount: Popping up and out
													Elbow Escape from the mounted position
													Elbow Escape from mount - Opponent sitting back Straight arm option
													COMPREHENSIVE - 2 Mins slow work all lv 1 self defense
													2 Mins - Fast, Explosive work all Lv 1 self defense
													Over All