

| STUDENTS NAME | | PHONE | Instructors comments | Instructors 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 | | | |
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