

FINAL OPTION TESTING - BLOCKS & KICKS

NAME : _____

BLOCKING
DOWN
FACE
INSIDE
OUTSIDE
KNIFE HAND
CIRCULAR
KICKING
FRONT
SIDE
ROUND
BACK
CRESCENT
JUMPING
STRIKES
PUNCH
CLOSED
OPEN
STANCES
FORWARD
SITTING
BACK
GENERAL KNOWLEDGE
HAND GRABS
ONESTEPS
SPARRING
BOARD BREAK
OVERALL TESTING